

The

GRANDMONITOR

GRANDMONT COMMUNITY — HOME OF GOOD NEIGHBORS

VOLUME 53, NUMBER 11 (11/2023)

November 2023

The Grandmont Community Association

Serves approximately 1100 residences in the

Grandmont Community, including households south of Grand River, west of Asbury Park, north of Schoolcraft, and east of Southfield Freeway.

Mission Statement

The Grandmont Community Association (GCA) was formed for the preservation of the neighborhood: promotion of quality schools; civic education of the residents and promotion of cooperation and understanding between all of the residents and community businesses.

IMPORTANT LINKS

VISIT OUR WEBSITE:

[HTTPS://WWW.GRANDMONTCOMMUNITY.ORG/](https://www.grandmontcommunity.org/)

JOIN US ON FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/GRANDMONTCOMMUNITYASSOCIATION/](https://www.facebook.com/grandmontcommunityassociation/)

MEMBERSHIP

We are grateful to all of those who have committed and donated their time to helping our community thrive, but there is still much more to do! Our community needs your help to preserve this work. Grandmont's membership dues help to provide critical services for our community and neighbors every year. Membership dues help provide snow removal services, safety, beautification, and other services for our community. Every contribution counts and matters! Membership dues for residents are \$30 for the entire year and \$15 for residents who live in the Southfield and Longacre Apartments. Please consider becoming a Grandmont Community Association member and contributing to our community today!

You can use a credit/debit card on the website or mail a check/money order to Grandmont Community Association or "GCA" to P.O. Box 27790 Detroit, MI 48227.

Again, thank you for being a part of our community and being "The Home of Good Neighbors".



Dear neighbors,

I hope that you're all staying warm, enjoying the fall season and soaking up the sunshine when you can. As the seasons begin to change, please take note of the following so that our transition into an unpredictable Michigan winter is smooth.

Please make sure you are placing your trash cans and recycling cans on the berm (grass and curb) instead of the street. This helps with not only navigating some of our more narrow streets on Fridays after trash collection, but it is ESSENTIAL when we are dealing with snow removal! As a reminder, your dues pay for curb-to-curb snow removal on our streets. In order for this to be effective, we need your cans and cars off the roads. Please try for both safety and security to park cars in garages or in driveways, especially once snow begins to fall. Knowing Michigan winters, this could be as early as November so be ready!

We hope to see you at the final events of the 2023 year which include our Mitten and Glove Drive, our Holiday Appreciation Luncheon, and our board meetings at GRDC. It is never too late to get involved in GCA, pay your dues and help out how you can.

Best,
Samantha Bonaparte

Thank You Grandmont!

On July 30, 2023, while going outside to work in my yard, my neighbor's 150 lb., ten-month old puppy ran over, at full speed, I guess to play with me. Instead, I got knocked in the air and crashed down breaking a couple of bones, endured surgery and rehab. Upon finally returning home in September, I was quite apprehensive about navigating a wheelchair, walker and being home alone.

Well, my fears were alleviated when I received the outpouring of support, love and assistance that came my way just from the Grandmont family alone! Neighbors have brought food, watered my flowers, visited, said prayers, encouraged me, brought groceries, brought dessert, left wonderful messages, visited while I was at the rehab center, visited since I've been home, called to see if I needed any assistance, brought stamped envelopes for me to pay bills (yes, I'm old school), brought supplies, brought in my dumpster(s) and just loved on me.

I truly believe the kindness, support and love I've received from the Grandmont family, (and of course family and other friends) have contributed to my physical and emotional healing.

Thank you, Grandmont family of friends,

Krystal Thurmond



GRANDMONT BOARD OF DIRECTORS**2024-2025**

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Carey Morgan Member (2024)	313-310-4130 carey.morgan713@gmail.com

GCA COMMITTEE CHAIRPERSONS

Art Fair	Dormant	
By-Laws	Vacant	
Beautification & Garden Club	Larissa Richardson	313-614-4910
Code/Violations	Harrison Duke, III	313-837-4913
Co-Chairs	Jerry Webb	313-721-8651
Environmental	Harrison Duke, III	313-837-4913
Finance	Mark Janusch	313-835-7369
GRDC	Vacant	
GRDC/Historian	Kevin Johnson	313-549-7387
GRDC/Membership Chair	Charlotte Wright	313-247-4404
Radio Patrol	Joyce Tatum	810-447-8044
Ramsay Park	Edward Smith	313-273-7885
Rippling Hope	Cora A. Duncan-Foster	313-273-7914
Safety/Security	Joyce Tatum	810-447-8044
Scholarship	Cora A. Duncan-Foster	313-273-7914
Social Media	Samantha Bonaparte	414-708-9704
Social Planning	Krystal Thurmond	313-300-3760
Street/Block Capts.	Yolanda Burnett	313-220-7800
Co-Chairs	Jibreel Tatum	810-447-8044
Vacant Property	Diane Patterson	313-836-3736
Youth and Education	Jenise Collins	313-473-9603

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MATERIAL TO BE PUBLISHED MUST BE EMAILED TO THE CO-EDITORS NO LATER THAN THE **12TH OF EACH MONTH** FOR INCLUSION IN THE NEXT MONTH'S ISSUE.

EMAIL SHOULD BE SENT TO SMILLER@GRANDMONTCOMMUNITY.ORG AND LARIS.SAA.CARR@GMAIL.COM.

*GRANDMONITOR STAFF RESERVES THE RIGHT TO EDIT CONTENT.

IMPORTANT NUMBERS

Crime Reporting	<ol style="list-style-type: none"> 1. Call 9-1-1 for crimes in progress 2. Call 313-267-4600, for non-emergency 3. Contact the GCA Security Chair, Joyce Tatum, (810) 447-8044 4. To inform the community about suspicious people, vehicles or activity, send an email to Grandmontcommunitycrimealerts@googlegroups.com 5. To report crime anonymously, call 1-800-SPEAK-UP (1-800-733-2587)
Auto-theft Tips	Text "TIP411" (847411) or Call 800-242-HEAT (4238)
Narcotic Tips	Call 313-224-DOPE (3673)
Gun Activity	1-800-AFT-GUNS (800-283-4867)
Poison Control	1-800-222-1222
Animal Care & Control Hotline	313-922-DOGS(3647) Staff hours 7 days a week 10:30am-3:30pm— Call center till 7PM
D1 Animal Control Investigator	313-590-7509
Bulk/Recycle Drop-off	Southfield Yard, 12255 Southfield Svc. Dr. Mon-Sat, 8:30-4 (closed daily 12:30-1:30)
8th Precinct Police District	21555 W. McNichols Rd., 313-596-5800 NPO Shawn Childrey, 313-590-5199 childreys693@detroitmi.gov Detective Detrick Mott - Shots Spotter mott843@detroitmi.gov Marcia Mercado - Domestic Violence Advocacy, marciaamus@gmail.com
City Councilman James Tate	313-224-1027 councilmembertate@detroitmi.gov
District 1 Business Liaison Bryan Davis	313-460-0775 bdavis@degc.org
District 1 Manager Karla Williamson	313-236-3484 williamsonk@detroitmi.gov
District 1 Deputy Manager Steele Hughes	313-236-3473 Steele.Hughes@Detroitmi.gov
Water and Sewer	313-267-8000
DTE Energy	1-800-482-8720 (Mon-Fri, 8 AM-6 PM)
Park Police (Not in force until April)	313-596-5801
Waste Management	844-233-8764

Grandmont Community Meetings
- all are welcome -

Nov 4 Dec 2

Meetings are held at 10 a.m. on the first Saturday of the month, unless otherwise noted at GRDC, 19800 Grand River Avenue.



**Mark Your
2023
Calendars!**

Meetings

Grandmont Patrol Meetings

Nov 11 Dec 9

Meetings are held at 10 a.m. on the second Saturday of the month at GRDC, 19800 Grand River Avenue. Contact Joyce Tatum for more information.

**Grandmont Youth
& Education Meeting**

Join Us!

For more information about being a part of the Youth & Education Committee, please contact, Jenise Collins, (313) 473-9603. Everyone is welcomed and encouraged to participate! Meetings are held at 10 a.m. on the second Saturday of the month, unless otherwise noted.

**8th Pct. Police
Community Relations
Meeting**

Meetings are held the last Monday of the month at 7:00PM. Contact the precinct (313-596-5800) for the location/virtual link.

**Beautification & Garden Club
Committee Meeting**

See you in 2024!

Meetings are held at 6pm on the second Tuesday of the month, as listed above, at Chaney Library. Contact Larissa@GrandmontCommunity.org for more information.

GCA BOARD MEETING

October Meeting Recap!

**Meeting
Recap**

Membership, Street & Block Captains and Board Members will go door-to-door visiting residents on Archdale Street to sign-up and collect membership dues. **Environmental/VPTF** reported on issues on Asbury Park, Longacre and Grandmont. Also reported no contact from DLBA (Land Bank) regarding Rutland or survey for blight Land Bank said they were scheduling. **Social Planning** is in preparation for the Holiday luncheon for volunteers which will be held Saturday, December 16, 2023, at 12:30pm at Nikola's Restaurant to show appreciation of volunteers. **Scholarship Committee** announced the account is still open and donations are still being accepted. The reception for scholarship recipients will be held Friday, November 24, 2023, from 1-4pm at Koelzer Hall (Christ the King Church). **Street & Block Captains** are still needed on Southfield and Archdale, Asbury Park, Southfield and Woodmont. **Youth and Education Hat & Glove Drive** is Saturday, November 18, 2023, from 10am-2pm at Ramsay Park. **Communications - Webmaster** newly appointed - Stephan Franklin presented recommendations to the Board on ways to move forward in creating a new more user-friendly website. **GRDC** continues to work on the IHOP project and is still looking for someone from Grandmont to replace Jomo. **Public Comment** was received from John High III, a Fall intern representing State Representative Karen Whitsett's office; Jackie Thomason, District Manager for Senator Mary Cavanaugh's office and Annette Lotharp, Branch Manager of Redford Branch Library.

Upcoming GCA & Neighborhood Events:

- ◆ **Wellness Wednesdays at Redford Branch Library**, 6pm get your heart rate up and your steps in by learning the latest Hustles!!! Take care of your mind body & soul with Pose Yoga. Yoga and Hustle alternates Wednesdays.
- ◆ **Hat & Glove Drive at Ramsay Park** on Saturday, November 18th from 10am-2pm
- ◆ **GCA Scholarship Luncheon**, Friday, November 24th from 1-4pm
- ◆ **Hat & Glove Sort at Mittens for Detroit**, Saturday, December 2nd from 10am-1pm
- ◆ **Holiday Volunteer Appreciation Luncheon**, Saturday, December 16, 2023 at 12:30pm



Sue Hood,
GCA Board Member and Secretary



VACANT PROPERTY TASK FORCE

Thankful

We are thankful for you!

We hope and believe you are thankful for your community.

Our volunteer committees work hard and smart to better our quality of life in Grandmont. Many phone calls, meetings, etc., happen almost daily to help keep our neighborhood a safe and attractive place to call "home". Our best quality is our dedicated neighbors. The eyes, ears and voice of our community. The good neighbors who make that extra effort to keep their property clean and well maintained and support "good neighbor" actions. THANK YOU!

Special thanks to those neighbors living on corner lots whose homes are entranceways to our neighborhood. That extra care is noticed and appreciated. (Unfortunately, so are the few who seem to just not care about appearances and/or the view other neighbors are forced to see! - be assured, we are working on those areas.)

Why do we care? There were interesting comments at Councilman ProTem James Tate's Satellite Meeting Friday, Oct 6 at the Java House on Lahser, just north of Grand River. Residents were complaining about blight and the noted increase in cars being parked on front lawns, and rear lawns or grass especially on Evergreen. This illegal action seems to be increasing for no good reason and contributes to blighted areas in our communities.

A realtor and a former home appraiser for insurance were in the audience and both agreed this devalues a home's worth. The appraiser commented that a **30% reduction in value** is common in any area where cars are parked on lawns.

In many cases, our homes are our legacy to our families and our future. Preserving value is part of Grandmont's mission. It takes more effort to do the right thing, but we think it's a worthwhile goal that makes visual as well as financial sense. We trust you agree and we are very grateful for those neighbors whose homes are so well tended and loved.

Did you know? Cars are considered abandoned if they are left on the street and haven't moved in 48 hours. Our Radio Patrol canvasses the neighborhood and will report non-compliant vehicles.

Another friendly reminder! Cars need to be parked off the street and in your driveway or garage for the winter season. This will ensure the quality of our snow service that we contract and pay for is satisfactory. Safer streets are also a result of this action and our view is certainly better.

Additionally, research shows cars parked on the street are more susceptible to theft and/or vandalism. Vehicles are more likely to be side swiped and damaged, especially in winter, while parked on our narrow icy streets. Let's work together and make our neighborhood safer for everyone. Mail carriers, delivery drivers, and first responders will all appreciate safer passage. Yet another reason to be thankful for this season!

Diane Patterson
Vacant Property

STREET/BLOCK CAPTAIN CORNER

I am super excited to welcome the following as new GCA Block Captains.

- Justin Jozwiak - Archdale between Schoolcraft and Kendall & Kendall and Acacia
- Lacy Lattimore - Archdale between Tournier and Grand River
- Dawn Floyd - Rutland between Kendall and Acacia
- Odessa Willis - Woodmont between Schoolcraft and Kendall
- Rose Delaney (temporary captain) - Longacre between Schoolcraft and Kendall

As a reminder, you don't have to reside on the street to be a Block Captain, just be a good neighbor with a desire to serve your community.

Our last quarterly zoom call of the year was to be Monday, October 9th @ 6:30 pm, however technical difficulties arose and we were unable to connect. Here are highlights that were to be covered.

- Welcome new captains
- Our roles as captains
- Grandmonitor distribution
- What's going on your street?
- Suggestions for 2024
- Upcoming community events
- Our next Zoom will be in January-date/time tbd

I am grateful for our new captains, however we're still need assistance on Archdale, Asbury Park, Southfield and Woodmont. Please contact me if interested.

Yolanda L Burnett
Street/Block Chair
Longacre Street Captain



The Grandmonitor staff would like to take this opportunity to extend our heartfelt thanks for everyone who took a part in keeping this newsletter relevant and a great resource for our community. From those of you who have submitted articles, proofed rough drafts, placed an ad, provided input and feedback, picked up or delivered the Grandmonitor to our neighbors and community stakeholders, this wonderful neighborhood tradition continues because of the unwavering commitment you each have. Again a huge "Thank You" from our hearts to yours!

Sandra Rideaux-Miller, Co-Editor
Larissa Richardson, Co-Editor
Phil Foster, Advertising
Jibreel Tatum, Distribution

GCA SCHOLARSHIP COMMITTEE

Grandmont Community Association Scholarship Committee

Members

Cora A. Duncan-Foster, Scholarship Committee Chair
 Samantha Bonaparte
 Jenise Collins
 Harrison Duke
 Mark Janusch
 Julie Janusch
 Larissa Richardson
 Debra McIntosh Parnell*
 Ethel Smith
 Rebecca Long



Purpose of Committee

The purpose of this committee is to provide a scholarship so the Grandmont's Graduating senior has the opportunity to earn a college education. Without scholarship assistance, the GCA Senior may have trouble paying for the degree they need to enter the workforce and become a productive contributing member of the Detroit Community. This scholarship encourages education, academic achievement, higher learning, inspires visions of future successes for graduating seniors.

List of Responsibilities

Our scholarship committee presides over the publication and management of the scholarship awards. In addition, the scholarship committee will provide the application, develop rules, ensure procedural fairness, and evaluate submissions. Furthermore, we teach the graduating senior interview techniques. We evaluate the applicants for eligibility and worthiness by assessing their achievements, academic record, letters of recommendation, volunteer requirements and personal essays in order to give the scholarship to the most deserving applicant(s).

Scholarship Eligibility Volunteer Requirements

The graduating senior and parent must volunteer for 10 hours with the Grandmont Community Association. If you have a student who plans to apply for the GCA Scholarship, we highly encourage fulfilling this requirement before your child is in the 12th grade or by the application period. Volunteer now! We can always use your help with the various Grandmont Community Association activities held throughout the year!

Volunteer Opportunities:

1. Pass out the Grandmonitor
2. Become a street or block captain
3. Assist with the GCA Annual Business Meeting in April
4. Volunteer at the Reading in Ramsay Park/Backpack Giveaway
5. Help with the Ramsay Park Cleanups
6. Volunteer at the Hat & Glove Drive
7. Be active on a Grandmont Community Association Committee member

For more information, call Cora @ (313) 273-7914.

Scholarship Committee Update

The GCA Scholarship Account is still open to accept donations from everyone. Donating to the scholarship fund gives you a sense of personal satisfaction. It feels good to help others! You feel the sensations of joy and peace.



GRANDMONT COMMUNITY ASSOCIATION & EDISON ELEMENTARY SCHOOL

TRUNK OR TREAT

A Boo-tiful night for a Trunk or Treat! The Grandmont Community Association (GCA) and Edison Elementary School hosted a Trunk or Treat on Friday, October 27, 2023 in the parking lot of Edison Elementary School. Children from Edison Elementary and the surrounding Grandmont-Rosedale communities transformed into trick-or-treaters disguised as alien visitors, brave warriors, popular princesses and heroic superheroes. Trick or Treaters enjoyed “decked out trunks”, ghoulish tunes, tours of a fire truck from the Detroit Fire Department, cider and donuts, free books and other giveaways and most importantly to the children in attendance - loads of candy!

An "Enchanted" thank you to the Grandmont Community Association, Edison Elementary School, Grandmont Community Association Board, Edison PTA, Detroit Fire Department, Grandmont-Rosedale Development Corporation, Detroit Kiwanis Club No.1, Detroit Zoo, Detroit Public Library-Chaney Branch, Justin Jozwiak, Samantha Bonaparte, Stephanie and Dion Brooks, Rivera Clack, Brittany Covington, Cora Duncan-Foster, Marilyn Duncan-Taylor, Lauren Grove, Captain Theresa R. Halsell, Community Relations Division, City of Detroit/Fire Department, Susan and Tony Hood, Donyell James, Troy and Kristina Christian, Marc and Carmen McCallum Motley, Alonzo Morgan, Naturally Illustrated-The Coloring Museum, April E. Prince, Sandi Rideaux-Miller, Esther Collins, Sharon Shaw, Stacey Solivache, Jillian Stewart-Jackson, Lisa Turner, U Have No Idea Yard Signs, Rashyra Watson, support of the surrounding communities and the “Good Neighbors” of Grandmont for making this a SPOOK-TACULAR event.



EDISON ELEMENTARY SCHOOL



EDISON ELEMENTARY SCHOOL

THANKSGIVING

Donations

Dear Community Members,

As Thanksgiving approaches here at Edison Elementary, we prepare baskets of food for our families that are in need during the holiday season. Many of our students' families face financial challenges that make it difficult for them to celebrate Thanksgiving in the way many of us are fortunate enough to each year. Each year we host a Thanksgiving food drive to provide these families with the ingredients and items needed to have a special and memorable holiday meal.

Here are some suggested items that we are seeking donations for:

- Turkeys or turkey vouchers
- Canned vegetables (corn, green beans, peas)
- Canned cranberry sauce
- Stuffing mix
- Macaroni and cheese
- Instant mashed potatoes
- Gravy packets
- Dinner rolls or bread
- Pumpkin pie filling and pie crust mix
- Non-perishable dessert items
- Disposable plates, utensils, and napkins



Any contributions, big or small, will be greatly appreciated and will make a real difference in the lives of our students and their families. If you are willing and able to contribute, please drop off your donations at Edison Elementary (17045 Grand River Ave, Detroit, MI 48227) between 8:00am and 2:00pm by November 15th. If you have questions, you can contact us at 313-852-1066.

With heartfelt gratitude,

Kristina Christian, Principal



GCA YOUTH & EDUCATION COMMITTEE

Make a BIG difference!
GIVE US AN HOUR OF YOUR TIME!



VOLUNTEER TODAY!

**HAT & GLOVE
COLLECTION DRIVE**

SATURDAY, NOVEMBER 18, 2023

10 AM to 2 PM

Location: Ramsay Park

Located on Longacre St. between Grand River and Ray Monnier
2 blocks East of Southfield Freeway.

**SIGN-
UP
TODAY!**

**BIG SORT WITH
MITTENS FOR DETROIT**

SATURDAY, DECEMBER 2, 2023

10 AM to 1 PM

Location: First National Building

660 Woodward Avenue located in downtown Detroit

Help us make a change in our community,
one event at a time!

Contact the GCA Youth & Education Committee, call/text 313) 473-9603 or
email gca youthandeducation@gmail.com for more information.

GCA YOUTH & EDUCATION COMMITTEE

HAT & GLOVE DRIVE

OCTOBER 30 - NOVEMBER 26

*DROP-OFF LOCATIONS



CRAFT CAR CARE
17611 SCHOOLCRAFT ROAD

CUTZ LOUNGE
THE GROOMING SHOP
19655 GRAND RIVER AVENUE

ELIAS DONUTS
19231 GRAND RIVER AVENUE

GRANDMONT-ROSEDALE
DEVELOPMENT CORPORATION (GRDC)
19800 GRAND RIVER AVENUE

HARDWARE EXPRESS
18450 GRAND RIVER AVENUE

ROSA
19180 GRAND RIVER AVENUE

ROYAL FRESH MARKET
18551 GRAND RIVER AVENUE

For more information,
call/text
313.473.9603

Hosted by



Thank you
for your
generosity!

HAT & GLOVE COLLECTION
DRIVE UP OR WALK UP
SATURDAY, NOVEMBER 18
10 A.M. TO 2 P.M.
RAMSAY PARK



Donated items will benefit students at
Edison Elementary School.

**Items should be dropped off during regular business hours and should be in original packaging. Please, no used items.*

Mark Your Calendar
for

GRANDMONT'S

Holiday Luncheon

On December 16, 2023 at 12:30 pm

Nikolas Restaurant
25225 Telegraph
(north of 9 Mile Road)
Southfield, MI 48033

Only seating for 60 - please RSVP by
Thursday, November 30th

Krystal (313-300-3760) or Ethel (313-864-3666)



MARVA GREENWOOD-SMAIL CURB APPEAL AWARDS

Every month, Grandmont Community Association's Beautification & Garden Club seeks nominations for residents with the most curb appeal! In honor of our late neighbor and Garden Club star volunteer, Marva Greenwood-Smail, the committee is recognizing residents who exemplify what it means to be "The Home of Good Neighbors. If you know of a neighbor who truly has gone above and beyond to keep our community beautiful, please nominate them at Larissa@grandmontcommunity.org.

Congratulations to October's Curb Appeal Awardee Ms. Miranda Perry. Ms. Perry is our final Marva Greenwood-Smail Curb Appeal awardee for 2023. Ms. Perry due to her beautiful landscaping and homage to Autumn which brings to mind pilgrims, pumpkins, harvest time and the first Thanksgiving. Definitely loving the variety of scarecrows on display. If you happen to be on Asbury Park, don't forget to check out this vibrant Autumn display—it will definitely put you in the Thanksgiving spirit!

**Grandmont
Community
Association**

**BEAUTIFICATION &
GARDEN CLUB COMMITTEE
PRESENTS THE...**

Marva Greenwood-Smail Curb Appeal Awards

NOMINATE A NEIGHBOR!

EVERY MONTH THE COMMITTEE WILL SELECT 3 NEIGHBORS IN
GRANMONT TO BE RECOGNIZED FOR THEIR CURB APPEAL IN HONOR
OF THE LATE MARVA GREENWOOD-SMAIL

KNOW A NEIGHBOR WHO'S YARD STANDS OUT AND HELPS TO KEEP
OUR COMMUNITY BEAUTIFUL? NOMINATE THEM TO BE RECOGNIZED!

EMAIL LARISSA@GRANDMONT.ORG

*MUST BE A DUES PAYING GCA MEMBER



NEWS FROM GRANDMONT ROSEDALE DEVELOPMENT CORPORATION

NEIGHBORHOOD HIGHLIGHTS

Just in case you missed it...

State Senator Mary Cavanagh and State Representative Stephanie A. Young presented a check in the amount of 1.24 million for Minock Park Place, formerly known as IHOP, GRDC'S mixed-use development on Grand River. Thank you both for advocating for the continued betterment of the Grandmont Rosedale neighborhoods!



After many years of hard work and advocacy for the betterment of the five neighborhoods since the 2008 economic crash, the Vacant Property Task Force still has their boots on the ground surveying the area for vacant homes, blight, and investigating neighborhood issues. Team, thank you for all your dedication!



Don't miss this holiday shopping experience at the Shop SMALL Grandmont Rosedale event on November 18, 2023, starting at Noon! Located at 18901 Grand River Avenue, Detroit, MI 48223, this in-person event is your chance to support local businesses and find locally made goods. From hand-made crafts to delicious treats, you'll discover a variety of products that showcase the talent and creativity of the Grandmont Rosedale community. Whether you're looking for gifts for the holiday or simply want to explore the vibrant neighborhood, this event is not to be missed.

Event Location:

The Garden Bug Detroit
18901 Grand River Avenue
Detroit, MI 48223





SMALL BUSINESS *saturday*

SAT **18** 2023
NOV
12PM-5PM

Join us for Small Business Saturday!
Shop local, enjoy live entertainment, and indulge in festive treats while supporting our growing business community!

The Garden Bug Detroit
18901 Grand River Avenue
Detroit, MI 48223

TIDBITS!

MAYOR'S D1 MEETING AVAILABLE ON VIDEO

Mayor Mike Duggan held his annual charter-mandated District 1 Community Meeting on Thursday, October 26, 2023, at the Macedonia Baptist Church in Rosedale Park. The main topic of the evening was the proposed Land Value Property Tax legislation, which is meant to lower property taxes for homeowners while shifting the tax burden to speculators and land owners who hold vacant lots that lead to blight. If you missed the in-person meeting, you can [watch a video of the event on the city's YouTube channel](#).

The Detroit News wrote an article providing information on the new online calculator. The article can be located at the following url or be searching "Duggan introduces online calculator to demonstrate Land Value Tax Plan (<https://www.detroitnews.com/story/news/local/detroit-city/2023/10/27/duggan-online-calculator-taxes-proposed-land-tax-plan/71327780007/>). Additionally, an article from Bridge Detroit is available at the following url <https://www.bridgedetroit.com/see-how-much-youll-save-under-detroit-land-value-tax-proposal/>. This article focuses mainly on the Land Value Tax portion of the meeting.

The Land Value Tax Estimator calculator can be found on the city's website - <https://detroit-land-value-tax-lookup.netlify.app/> and residents can enter their address and see an estimated savings.

Government Funded Program to Provide Affordable Internet Access

You Qualify if:

- Received a Federal Pell Grant during the current award year;
- Meet the eligibility criteria for a participating provider's existing low-income internet program;
- Participate in one of these assistance programs:
- Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools;
- Supplemental Nutrition Assistance Program (SNAP);
- Medicaid;
- Federal Housing Assistance, including Housing Choice Voucher (HCV) Program (Section 8 Vouchers) Project-Based Rental Assistance (PBRA)/Section 202/ Section 811 Public Housing Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians;
- Supplemental Security Income (SSI)
- Women, Infants and Children (WIC)
- Veterans Pension;
- Survivor Benefits or Lifeline.

Call Bre'Anna, our community engagement manager at 313-306-3308 if you need assistance with applying or have questions.

CONNECT313.ORG Closing the digital divide one Detroiter at a time

Save up to \$30 a month on your internet bill

WAYS TO APPLY:

APPLY ONLINE AT WWW.FCC.GOV/ACP

GET AN APPLICATION AT 19800 Grand River, Detroit, MI 48219

ASK YOUR SERVICE PROVIDER ABOUT ACP

CONNECT 313 CALL 313-306-3308 MORE INFORMATION

New city app: watch civic channels without cable

The City of Detroit Media Services Department has launched a new app, called Detroit Connected, that allows Detroiters to watch City Channels 10, 21, 22, and 68 on their phones and devices, without a cable connection. Along with the service provided on the City website, this app now gives residents multiple places to keep up-to-date on local news.

The new app is now available on Roku, Amazon Firestick, Google Play, and the Apple App Store, and can be used on both televisions and smartphones.

ROSEDALE COMMUNITY PANCAKE BREAKFAST

Saturday, December 9, 2023
9 am- 11:00am
North Rosedale Park
Community House
18445 Scarsdale
\$5 Adults- \$3 Children

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HEALTHY HABITS!



sleep hygiene

What is Sleep Hygiene?

'Sleep hygiene' is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

There are many medications which are used to treat insomnia, but these tend to be only effective in the short-term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy or alone.

Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.



- 7) **No naps.** It is best to avoid taking naps during the day, to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bathtime.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock-watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as "Oh no, look how late it is, I'll never get to sleep" or "it's so early, I have only slept for 5 hours, this is terrible."
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep, rather than making assumptions. Because a diary involves watching the clock (see point 10) it is a good idea to only use it for two weeks to get an idea of what is going and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eyemask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night sleep and are tired it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.



HEALTHY HABITS!

7 TIPS TO IMPROVE CIRCULATION IN THE FOOT

Poor circulation in the feet can be uncomfortable and make life more challenging for those afflicted. Thankfully, there are plenty of ways you can battle poor circulation in your feet and get yourself feeling better and healthier. Poor circulation has many causes, including excess plaque, blood clotting, or constricted blood vessels. You may need to see a professional if you have any concerns about the poor circulation in your feet. Some medications may be able to help with poor circulation.

Get Proper Exercise

Moving your body is one of the easiest and fastest ways to ensure that your feet get better circulation. The muscular system gets maintained through regular exercise, and without proper and consistent movement, muscles won't get the amount of oxygen needed for them to be strong. Even a small amount of daily exercise can help improve circulation in your feet. Try doing mild aerobic exercise for 15 minutes daily to help prevent poor circulation and keep your feet in the best health. Exercise can also help maintain proper health in other ways, including preventing cardiovascular disease, some cancers, and obesity. Only half an hour three to four times a week can give you plenty of health benefits without taking up too much time.

Use Compression Socks

Athletes use compression wear to help keep their bodies healthy during and after exercise. There are plenty of benefits of compression wear, especially socks, but the most advantageous reason to wear compression socks is to prevent deep venous thrombosis. Compression socks can also prevent deep soreness and boost recovery after intense exercise. Although the benefits of compression socks are most notable for athletes, these benefits are still apparent in those who don't exercise as much. Compression wear is good for overall circulation and helps reduce the pain you may feel from swollen feet or feet with poor circulation. Wear compression socks for the day and remove them during your sleep cycle for the best results.

Massage Foot Tissue

Give your feet nightly massages to help prevent poor circulation. You walk on your feet every day, and those with poor circulation may find their feet getting swollen or turning red or purple. Gently massaging your feet every night before bed can help prevent plaque buildup and other factors contributing to poor circulation. Consider using a massaging tool to help you achieve a foot massage without exhausting yourself.

Eat a Healthy Diet

Adopt a healthy diet to help prevent poor circulation. Artificial ingredients and foods can hurt you. Excess sugars and other aspects of a poor diet can impact your body's circulation and make it challenging to battle. However, a diet rich in vegetables and fruits can combat poor circulation. Pomegranates, onions, and dark leafy greens are some of the best foods to battle poor circulation and keep your body in good health. Choose foods abundant in vitamin B to reduce inflammation and boost the ability of your blood vessels to function.

Keep Legs Elevated

Sometimes, gravity can help you battle inflammation and poor circulation. After a long day, lean back and elevate your legs on an ottoman or pillow. Pairing this elevation with a gentle foot massage can help improve your circulation. Keep your legs above heart level, if possible. Elevating your legs is best when you have enough space to lean back and lay down. Use pillows or blankets to prop your legs and keep your feet high. Keep your feet elevated for up to 30 minutes every night to help improve circulation and help your body heal from any strenuous exercise or movement from work. Additionally, you can add an ice pack to the soles of your feet to help boost healing and prevent swelling.

Monitor Your Blood Pressure

Your blood pressure can indicate something wrong, such as poor circulation. Blood pressure is the measurement that tells you how much pressure your blood pushes against your arteries as your heart continues to beat. Too high, and you may experience light-headedness, fainting spells, and anxiety. If you feel stressed or have poor circulation, your blood pressure may be high and lead to negative outcomes. Keeping a healthy blood pressure can be simple and is done through maintaining a healthy diet and daily exercise. Your blood pressure should be lower than 120/80. Monitor your blood pressure weekly if you don't have a history of high blood pressure. Record your blood pressure daily if you have a history of high blood pressure, and bring your log to your primary care physician.

Manage Stress

Stress is difficult to manage and has some of the worst impacts on the human body. Stress can cause cardiovascular distress, diabetes, and skin conditions. Along with hive outbreaks and rashes, it can spark asthma attacks and cause depressive and anxious symptoms. Stress is sometimes responsible for high blood pressure, which can negatively impact your body's circulation. Overall, stress can be the culprit behind many poor health conditions and make it harder for you to attain good health. Managing stress can be a tough process, but it can be done with a combination of prescription medications and therapy services. Seek help from a professional counselor and a doctor to form a healthcare plan that works to manage the stress in your life.

Final Thoughts

Poor circulation can be a scary part of your health, but there are plenty of things you can do to ensure that the circulation in your feet is improved. Whether it's getting proper exercise, keeping your legs elevated, or giving yourself a foot massage daily, there is something that can help you make sure that the circulation in your feet sees improvement. Try using every method for circulation improvement and decide which approach meshes the best with you and your lifestyle. Ensure you maintain a healthy lifestyle with good food, consistent movement, and constant attention to your health.

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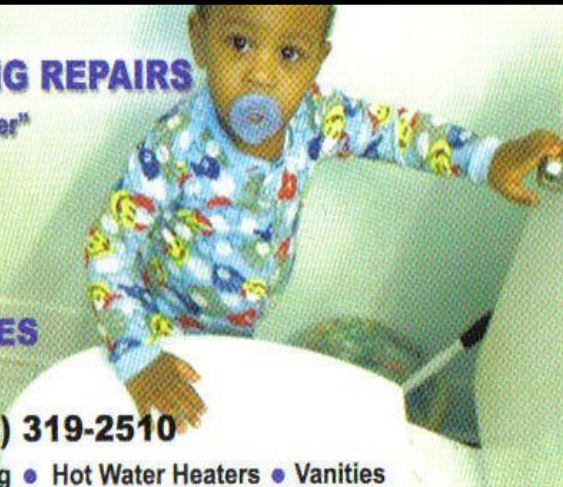
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NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6PM - COMMUNITY GARDEN	2	3 11AM - COUNCILMAN PRO-TEM TATE'S D-I COFFEE MEETING (JAVA HOUSE)	4 10AM - GCA BOARD MEETING - GRDC
5 DAYLIGHT SAVING (END)	6	7	8 6PM - COMMUNITY GARDEN	9	10 RECYCLE\YARD WASTE\BULK PICKUP	11 10AM - GRANDMONT PATROL—GRDC 
12 DECEMBER GRANDMONITOR ARTICLES DUE	13 6:30PM - GCA BLOCK CAPTAIN MEETING	14 6PM - GCA BEAUTIFICATION MEETING (CHANNEY LIBRARY)	15 6PM - COMMUNITY GARDEN	16	17 11AM - COUNCILMAN PRO-TEM TATE'S D-I COFFEE MEETING (JAVA HOUSE)	18 10AM-2PM - HAT & GLOVE DRIVE (RAMSAY PARK) 10AM - COMMUNITY GARDEN 12-5PM - SHOP SMALL GRANDMONT ROSEDALE
19	20	21	22 6PM - COMMUNITY GARDEN	23 	24 BLACK FRIDAY	25 10AM - COMMUNITY GARDEN RECYCLE\YARD WASTE\BULK PICKUP
26	27 CYBER MONDAY 6:30PM - POLICE COMMUNITY-RELATIONS MEETING (8TH PRECINCT)	28	29 6PM - COMMUNITY GARDEN	30		
NOTES:						