



OCTOBER NEWSLETTER

Message From The Chief

Dear Inkster Community,

As the crisp air of autumn sets in, October gives us a special opportunity to come together as a community in awareness, education, and support. This month's newsletter shines a light on important causes that touch so many lives: Breast Cancer Awareness, Domestic Violence Awareness, Bullying Prevention, and World Mental Health Day.

Throughout October, we'll share resources, events, and ways to get involved to show solidarity, spread knowledge, and offer hope. Together, we can make a difference—one conversation, one act of kindness, and one moment of awareness at a time.

Thank you for staying connected and committed to building a stronger, more compassionate community.

Sincerely,
Chief Tamika Jenkins
Inkster Police Department



313-563-9850



26279 Michigan Ave.

BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to spreading knowledge, honoring survivors, and supporting those currently in treatment. Breast cancer is one of the most common cancers worldwide, but when detected early, it is often treatable and survivable.

□ Breast Health Self-Care Checklist □

- Do Monthly Self-Exams – Know how your breasts normally look and feel.
- Schedule Regular Screenings – Talk with your doctor about when to start mammograms.
- Know Your Family History – Share it with your healthcare provider to understand your risks.
- Maintain Healthy Habits – Eat balanced meals, exercise regularly, and limit alcohol use.
- Don't Ignore Symptoms – Report any lumps, pain, or changes to your doctor right away.
- Seek Support – If you or a loved one is facing breast cancer, connect with survivor groups and local resources.

✨ Taking small steps today can protect your health tomorrow. Early detection saves lives!

WORLD MENTAL HEALTH DAY: PRIORITIZING OUR WELL-BEING

October 10th



Every year on October 10th, we observe World Mental Health Day to raise awareness, reduce stigma, and encourage open conversations about mental well-being. Mental health is just as important as physical health, yet it is often overlooked or misunderstood.

This year's focus is on reminding ourselves—and each other—that it's okay to not be okay. Whether it's stress, anxiety, depression, or burnout, reaching out for help is a sign of strength, not weakness. Communities that foster understanding and support create safe spaces for healing and growth.

Let's use this day as a reminder to check in with ourselves, support our loved ones, and encourage open dialogue around mental health. Together, we can build a culture where mental well-being is valued and cared for every day.

🧠 Mental Wellness Tips 🧠

- Talk About It – Share your feelings with a friend, family member, or counselor.
- Take Breaks – Rest, unplug, and give yourself permission to recharge.
- Stay Active – Exercise helps reduce stress and boost your mood.
- Practice Mindfulness – Deep breathing, journaling, or meditation can calm the mind.
- Seek Help When Needed – Professional support is available and can make a big difference.

✨ Remember: You don't have to struggle in silence. Support is out there, and you are never alone. For resources, visit nami.org or call/text 988 for the Suicide & Crisis Lifeline if you or someone you know is in need of immediate support.



DOMESTIC VIOLENCE AWARENESS: BREAKING THE SILENCE, BUILDING SUPPORT

October is recognized as Domestic Violence Awareness Month—a time to unite as a community, honor survivors, and remember those who have lost their lives to domestic abuse. Domestic violence affects individuals of every age, gender, and background. It's not only physical harm; it can also be emotional, financial, or psychological abuse.

Raising awareness is the first step to creating change. This month, we encourage everyone to learn the warning signs, support friends or family members who may be experiencing abuse, and share information about local resources. When communities work together to provide understanding and safety, survivors can find hope and healing.

If you or someone you know needs help

CONTACT

- FIRST STEP : 24-Hour Helpline (734-722-6800)
- National Domestic Violence Hotline at 1-800-799-SAFE (7233), text "START" to 88788, or visit thehotline.org for confidential support, 24/7.
- INKSTER POLICE DEPARTMENT: 313-563-9850

Together, we can break the silence and help end domestic violence.





STANDING TOGETHER AGAINST BULLYING

Every October, communities across the nation observe National Bullying Prevention Month, a time to shine a light on the impact of bullying and to promote kindness, acceptance, and inclusion. Bullying can happen anywhere—at school, online, in the workplace, or even within social circles—and its effects can last a lifetime. Victims of bullying often struggle with low self-esteem, anxiety, depression, and even thoughts of self-harm.

But change is possible. Preventing bullying starts with awareness and action. Here are a few powerful steps we can take together:

- **Speak Up** – If you see someone being bullied, don't stay silent. Offer support to the victim and report the behavior.
- **Promote Kindness** – Small acts of respect and compassion create safer, more inclusive environments.
- **Educate Early** – Talk to children and teens about what bullying looks like, why it's harmful, and how to respond safely.
- **Support Victims** – Remind those who have been bullied that they are not alone and encourage them to seek help from trusted adults or professionals.
- **Encourage Digital Responsibility** – With cyberbullying on the rise, teaching healthy online habits is more important than ever.
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This month, let's commit to building a culture where everyone feels safe, respected, and valued. By standing together, we can put an end to bullying and create a community where kindness is the norm.

If you or someone you know is experiencing bullying, help is available. Visit stopbullying.gov for resources, or reach out to local school counselors, community leaders, or support groups for guidance.

DEA TAKEBACK DAY

MICHIGAN VS. OHIO

Who Will Collect More Medication?





MICHIGAN	VS.	OHIO


In 2024, Ohio collected around 50,000 lbs of pills while Michigan collected just over 43,000 lbs



HELP MICHIGAN TACKLE PRESCRIPTION DRUG MISUSE!

 **Location:** Booker T. Dozier recreation Center | 2025 Middlebelt Rd, Inkster, Michigan 48141

 **Date:** Saturday, October 25, 2025

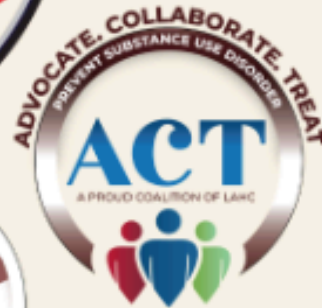
 **Time:** 10:00 AM – 2:00 PM

Join the Rivalry – Make a Difference!

- ✓ Free & Anonymous – No questions asked
- ✓ Protects youth & our environment
- ✓ Be part of Michigan's winning team

MICHIGAN vs. OHIO COLLECTION CHALLENGE

Let's show Ohio who's really #1! Bring your unused prescriptions and help us bring home the victory!



LAHC

LEADERS ADVANCING & HELPING COMMUNITIES



MUSIC - COSTUME - GAMES

Haunted Hallows

OCT
24

26277 TROWBRIDGE | INKSTER, MI

6:00PM - 9:00PM

INKSTER COMMUNITY EVENTS

There's always something exciting happening in Inkster! This month, we're bringing you a lineup of events and activities designed to connect, inspire, and celebrate our community. Whether you're looking for family fun, opportunities to give back, or a chance to meet your neighbors, there's something for everyone. Check out what's happening around town and join us in making Inkster an even stronger, more vibrant place to call home. We can't wait to see you there!

6th Annual
SENIOR FORUM

FEATURING
TAMIKA TILLEY OF DEFEND HER
"SELF-DEFENSE FOR SENIORS: BE ALERT! BE AWARE!"

THURSDAY, 23RD OF OCTOBER
BOOKER DOZIER RECREATION COMPLEX
2025 MIDDLE BELT ROAD-INKSTER, MI 48141
DOORS OPEN AT 11:30 P.M. | FOR SENIORS ONLY

CALL 313.561.2382 TO REGISTER OR USE QR CODE

SPONSORED BY

LEANNA HICKS PUBLIC LIBRARY of INKSTER
Local Author Fair

Queer AUTHORS

Jessica Mayfield-Ashwood
Donald E. Thomas

S.F. Hardy
Syntell Smith
Wendalyn McCutchen
Natasha Hughes Smith

Aaralynn Karman
Kayvonna Stigall
Donovan M. Neal
Robin Michelle Wilson

SATURDAY, OCTOBER 11, 2025
12:00 PM - 3:00 PM
2500 HAMLIN DRIVE, INKSTER MI, 48141
313-583-2822

inkster.lib.mi.us @leannahickspubliclibrary info@inksterlibrary.org

Gleaners Food Distribution
Every other Monday
2 pm - 4 pm
Booker T. Dozier Rec Center

Forgotten Harvest On The Go
4th Tuesday of the Month
2 pm - 4 pm
Lemoyne Gardens
29999 Pine St.

Forgotten Harvest On The Go
2nd Tuesday of the Month
2 pm - 4 pm
Envision Center
4360 Hickory St.

SHOP WITH A COP



Support Shop with a Cop!

The Inkster Police Department is now accepting donations for our annual Shop with a Cop program! This initiative helps provide local children and families with holiday gifts and essentials, while building positive relationships between law enforcement and the community.

Your contribution, big or small, makes a difference.

To donate, please visit The Inkster Police Department or contact our Community Relations Director Ms. Lisa at lburney@cityofinkster.com or 313-460-4992

Thank you for helping us make the holidays brighter for our community's children!





Halloween SAFETY TIPS



For Trick-or-Treaters:

- ✓ Walk in well-lit areas and stay on sidewalks.
- ✓ Carry a flashlight or glow sticks for visibility.
- ✓ Travel in groups and always have an adult nearby.
- ✓ Check costumes to ensure masks don't block vision and shoes fit well.
- ✓ Wait until you're home to eat candy, and check treats before enjoying them.



For Drivers:

- 🚗 Slow down and watch for children crossing streets.
- 🚗 Avoid distractions like phones while driving.
- 🚗 Be extra cautious in neighborhoods and at crosswalks.



For Homes & Communities:

- 🏠 Keep walkways clear of decorations or obstacles.
- 🏠 Use battery-powered lights instead of open flames in pumpkins.
- 🏠 Consider offering non-candy treats for kids with allergies.

With a little preparation, Halloween can be both spooky and safe for everyone. Have fun, stay alert, and enjoy the holiday! 🎃 🍬



Enjoy All the Benefits of Credit Union Membership

MORE THAN BANKING

When you become a member of One Detroit Credit Union, you gain access to benefits like exclusive loan products and lower rates. More importantly, you gain a partner who cares about your financial well-being. We believe in the credit union philosophy of people helping people.



Celisa M. Jackson
Branch Manager, Community Engagement Officer
NMLS#895153

FEATURED PRODUCTS

We offer credible, fair and reasonably priced loans, with a special focus on meeting the needs of people who have traditionally been overlooked by the mainstream banking industry.



Vehicle Loans



Refi My Ride



First Time Auto Loans



Credit Builder Loans



MyPay Today



Bill Consolidation Loans



Mortgages



Home Equity Loans



Personal Loans



VISA Credit Cards



Skip-A-Pay



VISIT OUR INKSTER BRANCH TODAY

Inside the Dozier Recreation Center
2025 Middlebelt Rd Inkster, MI 48141
(313) 965-8640

Monday - Thursday: 9:00am - 5:00pm
Friday: 9:00am - 6:00pm
Saturday & Sunday: CLOSED





IMPORTANT



RESOURCES

- Personal Protection Order.....313-224-6291
- Domestic Violence Shelters.....1-888-453-5900
- National Domestic Violence Hotline... 800-799-7233
- Child Protective Services:.....1-877-716-2234
- Adult Protective Services..... 1-877-963-6066
- Rape Counseling Center.....313-833-1660
- First Step (DV Assistance)..... 734-722-6800
- DTE Street Lights Out.....1-800-548-4655
- Suicide Prevention Hotline.....1-800-273-8255
- Poison Control Center.....1-800-222-1222
- Michigan State Police.....734-287-5000
- Wayne County Sheriff.....734-721-2222
- Inkster Fire Department.....313-563-9874
- Water Department..... 313-563-4232
- Ordinance313-563-9850
- DHWIN800-241-4949
- Face Addiction Now833.202.4673

- Inkster Police Department.....313-563-9850
- City Hall313-563-4232
- 22nd District Court.....313-277-8200
- Ordinance Hotline313-741-5605
- Animal Control313-801-8897

LOCAL MENTAL HEALTH RESOURCES:

- **Hegira Health – Inkster Clinic:**
(734) 793-5026
- **Common Ground 24/7 Crisis Line:**
1-800-231-1127
- **National Suicide & Crisis Lifeline: Dial 988**
- **Tam Wellness West - (313) 391-2753**
- **DWIHN - 1-800-241-4949**



ONE DETROIT
CREDIT UNION

Monday: 9:00 am - 5:00 pm
 Tuesday: 9:00 am - 5:00 pm
 Wednesday: 10:00 am - 5:00 pm
 Thursday: 9:00 am - 5:00 pm
 Friday: 9:00 am - 5:00 pm

Located inside the
 Booker T. Dozier Rec Center
 2025 Middlebelt Rd.
 Inkster, MI 48141



30181 Michigan Ave, Inkster, MI 48141
DISCOUNTS FOR ALL INKSTER RESIDENTS

WE'RE GROWING!
 A BRAND NEW INKSTER LOCATION IS COMING SOON.
 STAY TUNED FOR THE BIG REVEAL!