



SUPPORTING FAMILIES ACROSS THE USA

IN THIS ISSUE

Happy New Year!!!

by Office Staff

We want to wish everyone a Happy New Year. Many things happened in 2015 both good and bad but now we look forward to a bigger and better year in 2016. Starting in January 2016 a quarterly newsletter will be published to give you updates on things going on in your area. Come join us for one of our events and let us know how things are going with you.

Added Location

In September of 2015, we opened a Detroit location which serves as a community service and class bldg. You may also meet with staff members on designated days or by appointment if you have an issue you need to discuss. The building is located at 19842 James Couzens Fwy., Detroit, MI 48235
Phone#: 248-672-0713
Email:office@kenmatfoundation.com

Craft Days

Are you crafty and want to teach others or are you interested in learning a new hobby? Tuesdays are craft days to learn a new skill or to teach. Come join us from 11 am – 2 pm on Tuesdays and have some fun. To view the upcoming craft session visit us online at www.kenmatfoundation.org.

Project Restore

Interested in joining a team to complete a local home restoration project? Consider volunteering for a few hours and offer your home skills or learn a new one that you can use on your own home as we assist other non-profits in rehabbing homes in Metro Detroit.



Thanks - Knitters

A great big thanks the November volunteers who came in and knitted hats to give away this winter. They will help to keep youngsters warm this winter.

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Thanks - Blanket Makers

Thanks to all our volunteers who help make blankets for seniors this year. They were beautiful and much appreciated by the recipients!

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Healthy Living

by Office Staff

Have you already made your New Year Resolutions to get healthier this year? Most people don't make it past the first month let alone the first couple of weeks. Well at KenMat we are going to help get everybody on the right track. Knowledge is Power. Many illness are due to simple life style habits that we never take into consideration until someone gets sick. Beginning mid-January 2016. We will be showing videos at the Detroit location presented by experts in their fields. Every week will be a different topic so check out our website for upcoming topics. But until then here are a few ideas to help make your year the best 2016 it can be:

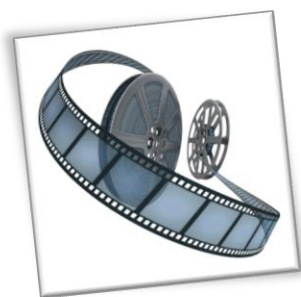
- Take the stairs instead of elevators and escalators to get daily exercise.
- Walk or ride your bike more often instead of driving (kids too).
- Schedule some "me" time to turn off cell phone, computers and other electronic devices.
- Don't use your cell phone during meetings, social events or dinner.



- Get on a solid sleep schedule. Listen to your natural sleep patterns and adjust accordingly. Aim for 7 hours of sleep each night
- Cook at home more often – you will learn new cooking skills and save \$\$\$.
- Don't text and drive.
- Learn something new every day.
- **Get organized!**

YOU ARE WHAT YOU EAT

Free Healthy Cooking classes coming soon!



Visit us online for more topics and date showings

Upcoming Video Viewings

by Gen129

Diabetes and Cancer Dr. Tim Riesenberger MD.

Diabetes and cancers are so common in today's culture. Will they always pervade our nightmares, or are there solutions and cures? **January 16, 2016**

You Don't Have to Be Sick Dr. Rudy and Dr. Jeanie Davis

Learn practical steps from Rudy and Jeanie Davis to prevent and even reverse diseases we consider incurable. **January 23, 2016**

Dr. Rudy and Dr. Jeanie Davis

Even eating good foods can have a detrimental effect on your health if you don't understand the laws of digestion. **January 30, 2016**

Initial True Speed Healing Dr. Rudy and Dr. Jeanie Davis

Learn how to initiate true speed healing in your body. In this presentation, you will come to understand the importance of this incredible health component and its effects on the body for healing, or how its misuse can suppress the immune system. **February 2, 2016**