

THE CSF MONTHLY AT MILLWOOD

Official Newsletter of Community Services Foundation



The programs at Millwood Townhouses Community Center are provided in partnership with Community Services Foundation (CSF), Hudson Valley Property Group (HVPG), EnVolve LLC, and Capital Area Food Bank (CAFB), and funded, in part, by a MSDE (21st CCLC) grant and a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.

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Community Manager
Johniece Gardner



Site Coordinator
Antonio Williams

E-Mail: millwoodsc@csfnd.org | **Phone:** 301-350-1057

Letter from the Program Director

Written by John Mensah



"Of all the months of the year there is not a month...so welcome to the young, or so full of happy associations, as the last month of the year." — Charles Dickens.

As we enter this festive season, be assured that Community Services Foundation, through our partnership with your apartment community, is focused on ensuring we provide services that will enhance the lives of all residents.

We have made a firm commitment to helping our youth and teen learners academically and socially through our wonderful and exciting After-School Program. Be sure your child participates in our Native American and Indigenous People presentation that is scheduled for December 6th at 4:15pm. Thanks to a generous donor, every child enrolled will receive a gift this month! With limited spaces available, now is the time to enroll your child to avoid the waiting list.

We will also work to ensure our Adults and Seniors receive enriching online and in-person programs designed to promote personal growth and well-being. From career and job readiness workshops to financial literacy and health and wellness classes, these programs are designed with you in mind. Whether you're joining us at the community center or participating from the comfort of your home, our team is ready to assist you with resources, guidance, and information.

Thanks to our partnership with your apartment community, all of our programs are free of charge. We aim to make the community center your go-to resource for enhancing your quality of life. Your ideas are welcome—reach out to us through your community center site coordinator or call our main office at 301-925-4251. You can also email us at programs@csfnd.org with your questions and inquiries.

DECEMBER EVENTS AT A GLANCE

- ❄️ **Center Closed:** December 25 & January 1
- ❄️ **Open Rec from 11 AM - 6 PM:** December 20, 23, 26-27, & 30; January 2-3
- ❄️ **Open Rec from 11 AM - 2 PM:** December 24
- ❄️ **Open Rec from 11 AM - 3 PM:** December 31
- ❄️ **Parent Meeting:** December 18 at 6:15 PM
- ❄️ **Native American and Indigenous People Presentation:** December 6 at 4:15 PM

Community Manager Message

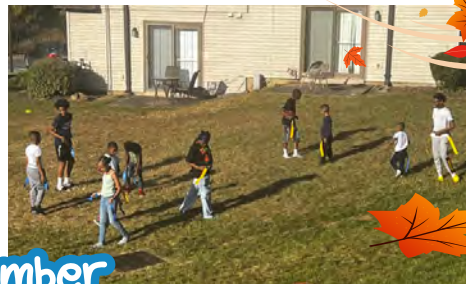
Dear Residents,

As we approach the conclusion of 2024, we look forward to ushering in a new month and year with zeal and excitement! We thank each of you for your continued residency and cooperation as we close out this year. It is our hope that you and yours will have the happiest of holiday seasons.

To that end, we ask that you report any needed repairs as quickly as possible. You're letting know of any repairs as soon as you notice they are required and will help ensure that you and our staff enjoy the holidays.

We also ask that you dispose of your trash as you create it. December is a month when we often have more garbage than usual.

I would like to thank you all for doing your part in keeping our community clean and safe. Happy Holidays from the Millwood Staff.



November HIGHLIGHTS



Adult & Senior Education Updates

Written by Tiffani Grier

Our adult education classes remain a vital resource, empowering community members with new skills and knowledge through flexible daytime and evening sessions. Please join us for extra guidance during this holiday season.

Whether you're looking to learn a new skill, stay fit, or simply connect with others, we have something for everyone. These classes are a great way to meet fellow residents, learn something new, and have fun from the comfort of your home! Feel free to invite friends and family members to join us in these exciting opportunities.



Monday - Thursday

Zoom

Meeting ID:

815 157 8441

Passcode: **760960**

CSF'S ADULT & SENIOR EDUCATION SCHEDULE

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



Monday - Thursday

Zoom

Meeting ID: **815 157 8441**

Passcode: **760960**

Youth & Teen Education Updates

Written by Tiffani Grier

As we enter December, Community Services Foundation's (CSF) Learning Lab continues to thrive, providing impactful academic enrichment and project-based learning opportunities Monday through Thursday.

This fall, we've expanded our reach by including middle school students, whose participation and enthusiasm for S.T.E.A.M. (Science, Technology, Engineering, Arts, and Mathematics) projects have grown each week. These hands-on activities have fostered creativity, teamwork, and critical thinking skills across all grade levels, while our Targeted Instruction and Curriculum Team supports individual growth through tailored IXL assignments, certified teacher-led homework help, and innovative weekly themes like Artistic Creations, Environmental Science, and Space Discovery.

November brought inspiring milestones, including our Vibrant Voices Hispanic Heritage Month celebration, where students shared cultural insights through presentations and crafts, and the continuation of Native American Heritage Month studies, which will culminate in a celebration honoring Native contributions during the first week of December.



Learning Lab
Microsoft Teams
Meeting ID:
217 270 189 626
Passcode:
uc8kow



bit.ly/3YZZzcC



Learning Lab focused on Showing Gratitude and Native American History Month in November



Steering Committee Survey

Thank you for attending a parent session today! This survey asks about your experience with today's session. The information you



bit.ly/3VdzmGf

provide will be used to make improvements to the parent programs we offer in the future.

Parent Meeting

Come hear about updates to our programming, activities, and nutritional health tips that every family can enjoy. It's virtual and only lasts 30 minutes. You can also win a prize for attending!

Our next meeting is
**Wednesday
December 18**
at 6:15 PM.



bit.ly/4i0sAxq



**Parent Meeting
Microsoft Teams**
Meeting ID:
213 292 635 294
Passcode:
Rt7HJ6P4

Health & Wellness

Written by Janel Patrice, BS, MA

The Month of December is identified as the most difficult time of the year for mental health challenges. December is also designated as “Seasonal Affective Disorder” Awareness Month. Reduced daylight and cold weather impacts moods and well-being.

This month is inclusive of the holidays, and the loss of family members and friends, can be overwhelming emotionally. For many people, the holidays lead to a massive disruption in day-to-day routines. But maintaining healthy habits like talking with friends, family, and even being open to therapy, getting proper sleep, and exercising, are critical to keeping your mental health on track. The following are things you can do:

1. Accept Your Feelings
2. Maintain Healthy Habits
3. Set Boundaries
4. Make Time to Connect

Enjoy the Holidays!
Connect with a friend!
Stay in prayer and in peace!

Happy Holidays
from the Mental Health Support Staff
at Community Services Foundation



**SHOW CARE FOR
YOUR MENTAL
HEALTH**



DECEMBER

2024

Youth & Teen Calendar

MONDAY

2
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



TUESDAY

3
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



WEDNESDAY

4
Afterschool Club
2-6 PM
Learning Lab
4-5 PM

THURSDAY

5
Afterschool Club
2-6 PM
Learning Lab
4-5 PM

FRIDAY

6
Afterschool Club
2-6 PM
Catching Snow-Flake
Native American and Indigenous People Presentation
4:15 PM



9
Afterschool Club
2-6 PM
Learning Lab
4-5 PM

10
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



11
Afterschool Club
2-6 PM
Learning Lab
4-5 PM

12
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



13
Afterschool Club
2-6 PM
Movie Matinee

16
Afterschool Club
2-6 PM
Learning Lab
4-5 PM

17
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



18
Afterschool Club
2-6 PM
Learning Lab
4-5 PM
PARENTS MEETING
6:15 PM

19
Afterschool Club
2-6 PM
Learning Lab
4-5 PM



20
OPEN REC
11 AM - 6 PM
Winter Sweep Out Clean Up

23
OPEN REC
11 AM - 6 PM

24
OPEN REC
11 AM - 6 PM
CLOSING AT 2 PM



26
OPEN REC
11 AM - 6 PM



27
OPEN REC
11 AM - 6 PM



30
OPEN REC
11 AM - 6 PM

31
OPEN REC
11 AM - 3 PM
CLOSING AT 3 PM



HAPPY NEW YEAR
2025
CLOSED



DECEMBER

2024

Adult & Senior Calendar

MONDAY

2

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM



TUESDAY

3

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM



WEDNESDAY

4

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

THURSDAY

5

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM

FRIDAY

6

In-Person Adult & Senior Time
10 AM-1 PM

Hot Cocoa Sip & Paint



9

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

10

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM



11

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

12

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM



13

In-Person Adult & Senior Time
10 AM-1 PM

Seasonal Depression Table Talk

16

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

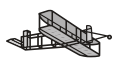
10 AM - 12 PM, 7-8 PM

17

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM



18

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM
PARENTS MEETING
6:15 PM

19

In-Person Adult & Senior Time
10 AM-1 PM

Virtual Class Learning

7-8 PM



20

In-Person Adult & Senior Time
10-11 AM

Winter Clean Up

23

CLOSED FOR ADULTS

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

24

CLOSED FOR ADULTS

25

CLOSED



26

CLOSED FOR ADULTS

Virtual Class Learning

7-8 PM



27

CLOSED FOR ADULTS



30

CLOSED FOR ADULTS

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

31

CLOSED FOR ADULTS



HOW TO APPLY

Please Call Lisa Jenkins at
(301)265-8462

Or Write:

Foster Grandparent Program
Department of Family Services
Aging and Disabilities Services Division
6420 Allentown Road
Camp Springs, MD 20748



Enroll Today!

CONTACT US

Prince George's County
Department of Family Services
Aging & Disabilities Services Division

Foster Grandparents Program



Prince George's County
Department of Family Services
Aging and Disability Services Division
Foster Grandparents Program



6420 Allentown Road
Camp Springs, MD 207048



(301) 265-8462

6420 Allentown Road
Camp Springs, MD 20748
(301) 265-8462



“Make a difference in a child’s life.”



Where and Whom do Foster Grandparents Serve?

In schools (public and private), residential institutions, day care centers, and hospitals. They help children who are:

Mentally/Physically Challenged

Victims of Abuse and Neglect

Academically At-Risk

Troubled Teens/Young Mothers

With Special or Exceptional Needs

What do Foster Grandparents Do?

- Serve children with special or exceptional needs, 15 hours per week.
- Give loving care, guidance, understanding, and assistance on a one-to-one basis.
- Listen, teach simple tasks and self-care skills, play games, help with therapy and engage children in a variety of developmental activities.

What Benefits do Foster Grandparents Receive?

- Tax-Exempt Hourly Stipend
- Transportation Allowance
- Yearly Physical Examination
- Training
- Paid Leave
- Free Accident Insurance

WHO ARE FOSTER GRANDPARENTS?

Caring men and women from all walks of life who meet the following program requirements:

- 55 Years of Age or Over
- Income Eligible
- Good Health
- Concerned about Children
- Time and Love to Give
- Resident of Prince George's County





Millwood Community Center

After School Club



Included for FREE:

- ✓ Fun STEAM Activities
- ✓ Homework Help
- ✓ Snack and/or Meal
- ✓ Digital Literacy
- ✓ Health & Wellness
- ✓ Hands-On Learning
- ✓ Character Development
- ✓ Virtual Games & Trivia
- ✓ Holiday & Days Off School Open Rec

Begins on August 26, the first day of school!

Register Now!

(301) 350-1057

millwoodsc@csfnd.org

**1418 Karen Blvd.
Capitol Heights, MD
20743**





Adult & Senior Education Schedule

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	Financial Literacy	Health & Wellness	ESOL
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WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



bit.ly/csfAdultEd

Monday - Friday
Zoom

Meeting ID: 815 157 8441

Passcode: 760960



Contact us if you need information:

✉ programs@csfnd.org ☎ (301) 925-4251

