

# THE CSF MONTHLY AT 8800 WOODYARD STATION

Official Newsletter of Community Services Foundation



The programs at Woodyard Station Community Center are provided in partnership with Community Services Foundation (CSF), Severn Development Company, Severn Management Company, and SHABACH! Ministries, and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.

## Table of Contents Letter from the Program Director

PAGE 01

## Community Updates

PAGE 02

## Adult & Senior Education Updates

PAGE 03

## Wellness Reminder

PAGE 04

## Adult & Senior Calendar

PAGE 05



**Property Manager**  
Denise Thrash

**E-Mail:** [programs@csfnd.org](mailto:programs@csfnd.org) | **Phone:** (301) 925-4251

## 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](mailto:programs@csfnd.org) with your questions and inquiries.

# DECEMBER EVENTS AT A GLANCE

- ❄️ **Center Closed: December 25 & January 1**
- ❄️ **Brown Bag Food Distribution: December 10**
- ❄️ **Holiday Social: December 17**
- ❄️ **December Birthday Celebration: December 19**

## Community Manager Message

Dear Residents,

Thank you for your continued residency and cooperation as we close out 2024. It is our hope that you and your family will have the happiest of holiday seasons.

We ask that you report any needed repairs as quickly as possible. Promptly notifying the rental office of repairs will allow us to quickly address the concern and ensure that you are able to enjoy the remainder of the holiday season.

We also ask that you dispose of your trash as quickly as you can. December is a month when we often have more garbage than usual and this will help with our trash collection efforts.

Finally, as we approach the conclusion of 2024, we look forward to ushering in a new month and year with zeal and excitement! We are grateful for the opportunity to serve you in 2024 and look forward to serving you in 2025.



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	<b>Financial Literacy</b>	<b>Health &amp; Wellness</b>	<b>ESOL</b>
TUESDAY			<b>Health &amp; Wellness</b>
WEDNESDAY	<b>Career &amp; Job Readiness</b>	<b>Health &amp; Wellness</b>	<b>ESOL</b>
THURSDAY			<b>Health &amp; Wellness</b>



**Monday - Thursday**

**Zoom**

Meeting ID: **815 157 8441**

Passcode: **760960**

# 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

# Adult & Senior Calendar

**MONDAY**

**2 In-Center Jigsaw Puzzles**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 10 AM - 12 PM, 7-8 PM

**TUESDAY**

**3 In-Center Board & Card Games**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM


**WEDNESDAY**

**4 In-Center Health & Wellness**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM


**THURSDAY**

**5 In-Center Arts & Crafts**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 7-8 PM


**FRIDAY**

**6** 

**9 In-Center Motown Workout**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM

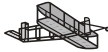
**10 In-Center Brown Bag Food Distribution**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM

**11 In-Center Health & Wellness**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM

**12 In-Center Holiday Oldies but Goodies**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM

**13**

**16 In-Center Arts & Crafts**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM

**17 In-Center Holiday Social**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM

**18 In-Center Health & Wellness**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM


**19 In-Center December Birthday Celebration**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM

**20**

**23 In-Center Holiday Nutrition Tips**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM


**24 In-Center Chatting**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 7-8 PM

**25**  
  
**CLOSED**

**26 In-Center Board & Card Games**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning   
 7-8 PM

**27** 

**30 In-Center Movie Day**  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 10 AM - 12 PM, 7-8 PM

**31**   
 In-Center Chatting  
 10:30 AM - 12:30 PM  
**Midday Lunch**  
 Virtual Class Learning  
 7-8 PM

**HAPPY NEW YEAR**  
  
**2025**  
**CLOSED**

**28**  


## 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

