# VOL. 1 ISSUE 12 • DECEMBER 2024 THE CSF MONTHLY AT BROOKLAND MANOR

Official Newsletter of Community Services Foundation

Community Manager TBD

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Site Coordinator John Pinkney





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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 wellbeing. 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.

The programs at Brookland Manor Community Center are provided in partnership with Community Services Foundation (CSF), Brentwood Associates Limited Partnership, Donaldson, Capital Area Food Bank (CAFB), and Edgewood Brookland Family Support Collaborative, UPO (United Planning Organization), and funded, in part, by a Learn24 grant.

EDGEWOOD/ BROOKLAND

**Table of Contents** Letter from the **Program Director** PAGE 01 **Community Updates** PAGE 02 **Property Management** Staff Email Directory PAGE 03 Adult & Senior **Education Updates** PAGE 04 Youth & Teen **Education Updates** PAGE 05 Wellness Reminder PAGE 06 Youth Calendar PAGE 07 Adult & Senior Calendar PAGE 08

THE CSF MONTHLY

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**Open Rec from 11 AM - 6 PM:** December 23, 26-27, & 30

DECEMBER

EVENTS AT A GLANC

**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.

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.

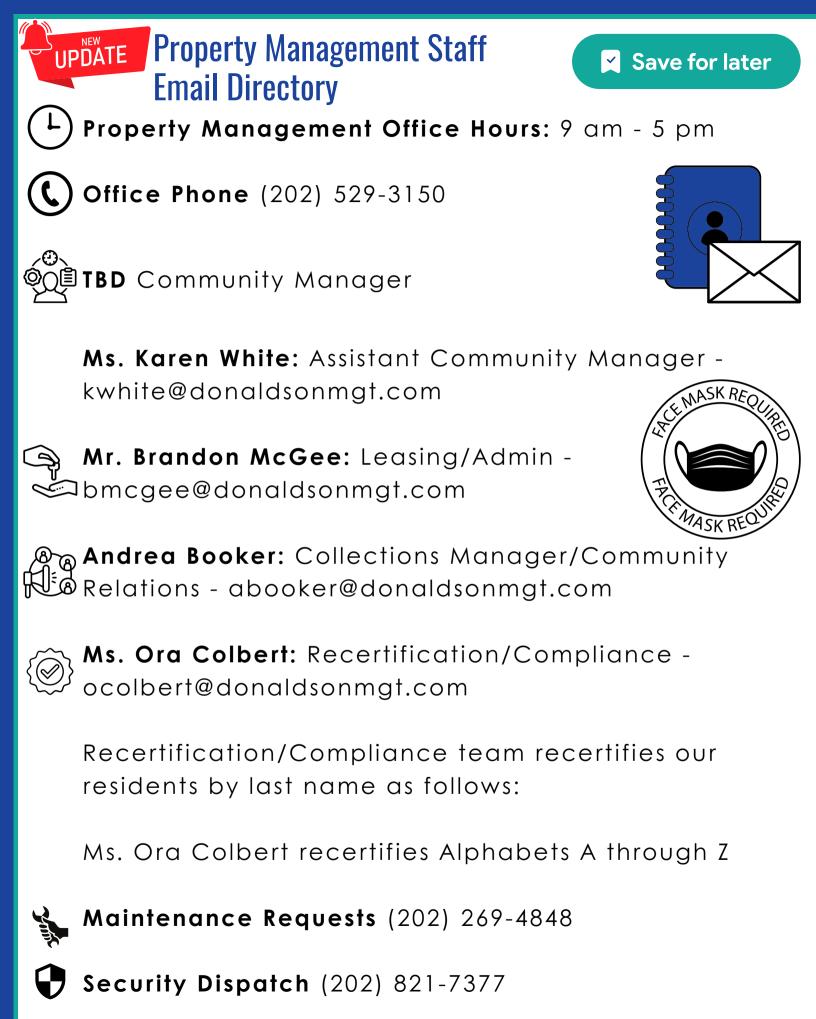
We ask that you report any needed repairs as quickly as possible. Promptly notifying the rental office of repairs will allow us to quickly address the concern and ensure that you are able to enjoy the remainder of the holiday season.

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.



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### 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

	10 - 11 A.M	<b>SCHE</b> 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

### **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

Learning Lab December Themes

Holidays Around

the World!

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



#### **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.



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

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### **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



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		DECEMI	BER 2	024	
	MONDAY	Youth 8	& Teen Co WEDNESDAY	alendar	FRIDAY
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	30 OPEN REC 11 AM - 6 PM	31 OPEN REC 11 AM - 3 PM CLOSING AT 3 PM	HAPPY NEW YEAR 2025 CLOSED		

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	DECE	MBER 2	024		*
			Calenda		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY , RIA Help Desk	SAT 📄
2 Brown Bag Food Distribution Senior Meal Distribution 2 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	3 RIA Help Desk 10 AM-4 PM In-Center Arts & Crafts 11 AM - 12 PM Virtual Class Learning 7-8 PM	4 RIA Help Desk 10 AM-4 PM In-Center Bingo 11 AM - 12 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	5 RIA Help Desk 10 AM-4 PM Virtual Class Learning 7-8 PM	6 10 AM-4 PM In-Center United Healthcare BINGO 11 AM - 12 PM Senior Transportation Dakota Crossing 11 AM	7
9 RIA Help Desk 10 AM-4 PM Senior Meal Distribution 2 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	10 RIA Help Desk 10 AM-4 PM In-Center Arts & Crafts 11 AM - 12 PM Virtual Class Learning 7-8 PM	11 RIA Help Desk 10 AM-4 PM In-Center Bingo 11 AM - 12 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	12 RIA Help Desk 10 AM-4 PM Virtual Class Learning 7-8 PM	13 RIA Help Desk 10 AM-4 PM In-Center Movies at the Manor 11 AM - 12 PM	14
16 RIA Help Desk 10 AM-4 PM Senior Meal Distribution 2 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	17 RIA Help Desk 10 AM-4 PM In-Center Arts & Crafts 11 AM - 12 PM Virtual Class Learning 7-8 PM	18RIA Help Desk10AM-4PMSeniorTransportationRhode Island PI.11AMVirtual Class Learning10AM - 12PARENTS MEETING6:15PM	19 RIA Help Desk 10 AM-4 PM Virtual Class Learning 7-8 PM	20 RIA Help Desk 10 AM-4 PM In-Center United Healthcare BINGO 11 AM - 12 PM	21 s.s.p.l.l. Food Give- away 12 PM
23 RIA Help Desk 10 AM-4 PM Senior Meal Distribution 2 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	24 RIA Help Desk 10 AM-4 PM In-Center Arts & Crafts 11 AM - 12 PM CLOSING AT 2 PM	25 CLOSED	26 RIA Help Desk 10 AM-4 PM Commodity Food Distribution Virtual Class Learning 7-8 PM	27 RIA Help Desk 10 AM-4 PM In-Center Movies at the Manor 11 AM - 12 PM	28
30 RIA Help Desk 10 AM-4 PM Senior Meal Distribution 2 PM Virtual Class Learning 10 AM - 12 PM, 7-8 PM	31 RIA He Desk 10 AM-4 PM In-Center Arts & Crafts 11 AM - 12 PM CLOSING AT 3 PM	HAPPY NEW YEAR 2025 CLOSED			3
THE CSF MONTH	<u>v</u> w	ww.csfnd.org	(301) 925-4251	PAC	GE 08

# A Neighborhood-based Support System

Looking for additional resources or support?

Come in and speak with our intake specialist to assist with service navigation.



### Walk-In Hours

Mon. Tues. Thurs. 10:00 am-3:00 pm

Wed 10:00 am-12:00 pm

### **Services Offered**

- Family Strengthening Case Management
- Information and Referral
- Workforce Development
- Monthly Diaper Closet Onsite

We look forward to serving you and your family.



2411 14th St NE, Washington, DC 20018 Next door to the Brookland Manor Rental Office

## **Community Services Foundation**

### **Brookland Manor Community Center**

After School

Club

**Begins on** 

August 26,

school!

Grades K-8

10:00

**Register Now!** 

(202) 529-6529

brooklandsc@csfnd.org

**Q** 2525 14th Street, NE,

Washington, DC

20018

# **Included for FREE:**

**Fun STEAM Activities** Homework Help Snack and/or Meal the first day of **Digital Literacy** 🗸 Health & Wellness Hands-On Learning Character Development 🗹 Virtual Games & Trivia 🗹 Holiday & Days Off School Open Rec

ters (CCLC). Grants provided by

# 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 - Friday Zoom Meeting ID: 815 157 8441 Passcode: 760960

Contact us if you need information: programs@csfnd.org 📞 (301) 925-4251



programs are provided in partnership with Community Services Foundatian, Mid City Development, Urban Atlantic, Edgewood Management Corporation, Maryland State Departmet cation, Housing Opportunities Commission, Brentwood Associates Limited Partnership, Pratum Companies, Forest Heights Elementary School, St. Mark AME Church, Prince George's C epartment of Family Services, MMS Group, FCP, Gates Hudson, and Langdon Park Capital. It is funded, in part, by the Office of the State Superintendent of Education (OSSE) and Nite wery 21st Center Community Learning Centers (CCLC). Grants provided by the Prince George's County Department of Family Services, a grant made possible through a partnership rince George's County Department of Family Services and Maryland State Department of Education (OSSE) and Nite provided by the District of Columbia.





# FALL REGISTRATION

The Senators Satchel Paige Little League 2024 Fall Baseball Season Registration is now open at www.ssplldc.org. Ages start from 4yrs old to 10yrs old, Boys and Girls (01100)

# **Our Mission**

We will start practicing for all teams on Monday, September 9, 2024 at both fields locations.

1)Bryce Harper Field : 6500 3rd St NW, Washington, DC 20012 2)Fort Lincoln Park : 3201 Fort Lincoln Dr NE, Washington, DC 20018



On Monday's at Fort Lincoln practice starts for 7/8 and Tee Ball at 6:00pm

#### MONDAY PRACTICE 7-9 (BH)

On Monday's at Bryce Harper practice starts for 7/8 and 9/10 at 6:00pm

#### WEDNESDAY PRACTICE 7-8 (FT.L)

On Wednesday's at Fort Lincoln at 6:00pm 7/8 machine pitch practice

#### WEDNESDAY TEE BALL (BH)

On Wednesday's at Bryce Harper at 6:00pm Tee Ball practice

#### FRIDAY

Friday's will be reserved for Too Ball Games ()) IBD

#### SATURDAY OILO

Saturday's will be reserved for 7/8 & 9/10 practices and/or games TBD



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