



# THE CSF MONTHLY AT QUEENSTOWN

Official Newsletter of Community Services Foundation



The programs at Queenstown Community Center are provided in partnership with Community Services Foundation (CSF), Midcity, Donaldson, and SHABACHI Ministries, and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.



**Community Manager**

Pamela Cromartie



**Site Coordinator**

Yarlyn Alvarez



**Assistant Site Coordinator**

Juana Bonilla

**Youth Program Assistant**  
Aaliyah Salazar

**E-Mail:** [queenstownsc@csfnd.org](mailto:queenstownsc@csfnd.org) | **Phone:** 301-927-9234

## Letter from the Program Director

Written by John Mensah

As we step into March and celebrate **Women's History Month**, we reflect on the powerful words of **Coretta Scott King**:

"The woman power of this nation can be the power which makes us whole and heals the rotten community, now so shattered by war and poverty and racism. I have great faith in the power of women who will dedicate themselves wholeheartedly to the task of remaking our society."

We reaffirm our commitment to uplifting and empowering every member of our community. We continue to stand for gender equality, ensuring that **women of all ages** have access to the **resources, education, and opportunities** they need to thrive—wherever life may take them!

As an organization, we remain committed to enriching the lives of residents in managed communities through impactful services and programs that foster growth and development. Our dedication to gender equality ensures that women of all ages can access the resources they need to thrive, no matter where life takes them.

This commitment shines through in our vibrant and engaging after-school program. With a strong focus on STEAM learning, our learning lab sessions blend direct instruction with hands-on, project-based learning. Designed to spark curiosity and creativity, these programs are guided by experienced educators who inspire and empower students every step of the way.

We prioritize delivering programs and services that cater to the unique needs of adults and seniors in our communities. From career readiness workshops and financial literacy classes to health and wellness initiatives, our offerings are designed to empower and support you. Whether you join us in person at the community center or participate virtually from home, our dedicated team will guide you every step of the way.




Thanks to the generosity of your apartment community, all our programs and services are provided free of charge, bringing valuable resources right to your doorstep. The community center is a vibrant hub for growth, connection, and support throughout the month and beyond. We welcome your ideas and feedback—feel free to reach out to your site coordinator, call our main office at 301-925-4251, or email us at [programs@csfnd.org](mailto:programs@csfnd.org).

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# March

## EVENTS AT A GLANCE

-  **Open Rec from 11 AM - 6 PM: March 31**
-  **NO Parent Meeting this month!**
-  **PG Summer Youth Employment Program Application Closes: March 31**

### Community Manager Message

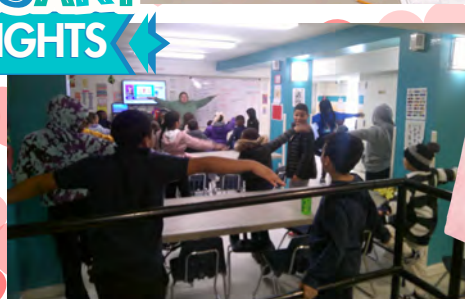
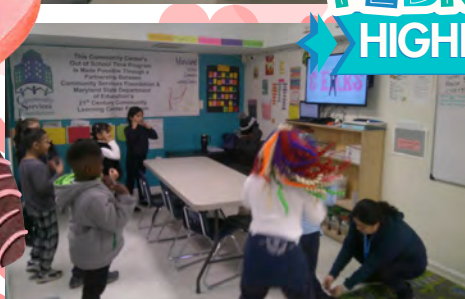
Dear Residents,

As we step into March, there are several exciting events and important reminders to keep in mind:

Important Property Reminders:

- **Maintenance Requests:** If you need any repairs or maintenance in your apartment, please submit your requests as soon as possible.
- **Parking Regulations:** Please remember to park only in designated areas. Illegally parked vehicles may be towed at the owner's expense.
- **Quiet Hours:** To ensure a peaceful environment for all residents, please observe quiet hours.

Thank you for being a part of our community. We look forward to a wonderful month ahead!



**FEBRUARY HIGHLIGHTS**



# Adult & Senior Education Updates

Written by Tiffani Grier

This month's adult and senior program offers an array of engaging activities and events aimed at fostering social interaction, learning, and overall wellness.

- Financial Literacy class on Mondays to enhance financial understanding
- Health & Wellness classes centered on nutrition, fitness, and mental health
- ESOL classes to assist with basic language skills and document translation
- Career & Job Readiness class on Wednesdays focused on mastering job interviews and common questions

Don't forget to review the program schedule for specific dates and times of events, and sign up to participate in the fun!



**NEW LINK!**

**Monday - Thursday**

**Microsoft Teams**

Meeting ID:

**288 855 419 201**

Passcode: **9T2yn9WE**

## 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**

**Microsoft Teams**

Meeting ID: **288 855 419 201**

Passcode: **9T2yn9WE**

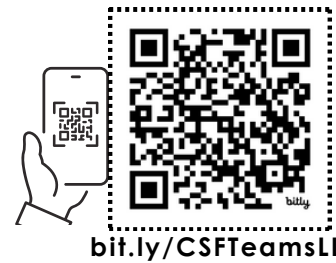
# Youth & Teen Education Updates

Written by Tiffani Grier

As we transition into March, we honor Women's History Month with a focus on trailblazers in science, technology, engineering, arts, and math (S.T.E.A.M.).

March Themes:

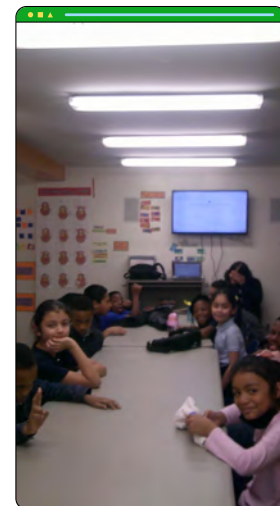
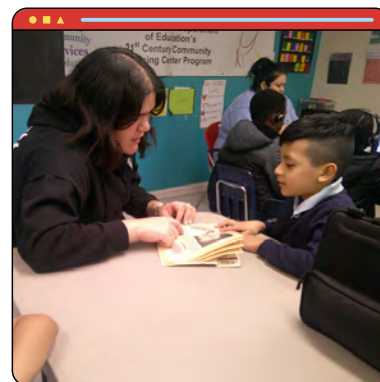
- Week 1: Women Who Changed the World: Trailblazers in S.T.E.A.M.
  - Highlighting female inventors, scientists, & mathematicians
  - Exploring Women in the Arts & Media
  - Recognizing Black Women in S.T.E.A.M.
- Week 2: The Science of Storytelling: Theater, Animation, and Digital Art
  - Exploring the science behind stage lighting, sound, & storytelling
  - Learning about female directors, animators, & authors
  - Engaging in animation, digital storytelling, & coding activities
- Week 3: Mathematics in Motion: Patterns, Logic, and Everyday Problem-Solving
  - Exploring Pi Day (March 14) through geometry & real-world applications
  - Applying math in engineering & problem-solving activities
  - Recognizing women mathematicians like Katherine Johnson
- Week 4: Our Planet, Our Future: Sustainability, Nature, and the Environment
  - Learning about Earth & Environmental Science
  - Exploring the work of women environmental scientists
  - Investigating biodiversity through the study of insects & dinosaurs



**Learning Lab**  
**Microsoft Teams**  
Meeting ID:  
**277 760 376 456**  
Passcode:  
**F7qukS**



**Learning Lab focused on Empowering Voices: Celebrating Black Innovators and Changemakers in February**



## No Parent Meeting This Month!

## Health & Wellness

Written by Janel Patrice

March is a significant month for mental health awareness! Several days within the month of March are dedicated to increasing understanding and breaking the stigma around mental health conditions. From self-injury to bipolar disorder, these observances provide opportunities for education, advocacy and support.



For this month, let's center our focus on our loved ones. Specifically, to our children who may be feeling sad and discouraged, and to our staff, who have gone silent and may be showing signs of hopelessness and worthlessness. A positive word goes a long way to those that may be longing for companionship or just to know that they are worthy of love and appreciation.

Today in the world, our children face increasing pressures from school, social media, and personal challenges. Let's encourage parents, teachers, and our own mentors to check in on their mental well-being. Mental health struggles are real, and support is available. For CSF staff, EAP is right at your fingertips and is a free resource for you that is confidential. Ask your HR representative for more information.



In conclusion, whether it's through social media campaigns, community events, or simple conversations, each of us has the power to make a difference. Let us use March as an opportunity to educate support and advocate mental health awareness.

# March 2025

## Youth & Teen Calendar

**MONDAY**

**3**

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

**TUESDAY**

**4**

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



**WEDNESDAY**

**5**

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

**THURSDAY**

**6**

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



**FRIDAY**

**7**

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

**14**

**Afterschool Club**  
2-6 PM



**17**

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



**18**

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

**19**

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



**20**

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

**21**

**Afterschool Club**  
2-6 PM



**27**

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

**25**

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



**26**

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

**27**

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



**28**

**Afterschool Club**  
2-6 PM

**31 OPEN REC**  
11 AM - 6 PM

**Learning Lab**  
4-5 PM



**1**



**2**



**3**



# March 2025

## Adult & Senior Calendar

### MONDAY

**3**  
**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**  
 10 AM - 12 PM, 7-8 PM

**17**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 10 AM - 12 PM, 7-8 PM

**27**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 10 AM - 12 PM, 7-8 PM

**31**  
**IN-PERSON CLOSED FOR ADULTS**  
**Virtual Class Learning**  
 10 AM - 12 PM, 7-8 PM

### TUESDAY

**4**  
**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**  
 7-8 PM

**18**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 7-8 PM

**25**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 7-8 PM



### WEDNESDAY

**5**  
**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**  
 10 AM - 12 PM, 7-8 PM

**19**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 10 AM - 12 PM, 7-8 PM

**26**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 10 AM - 12 PM, 7-8 PM



### THURSDAY

**6**  
**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  
**Virtual Class Learning**  
 7-8 PM

**20**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 7-8 PM

**27**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM  
**Virtual Class Learning**  
 7-8 PM



### FRIDAY

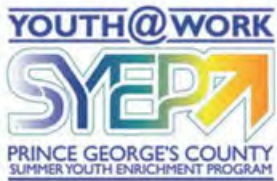
**7**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM

**14**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM

**21**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM

**28**  
**In-Person Adult & Senior Time**  
 10 AM-1 PM





# PRINCE GEORGE'S COUNTY SUMMER JOBS!

## About Us

The Prince George's County Summer Youth Enrichment Program (SYEP) provides opportunities for young people, ages 14 to 24, across the County to receive career development, job readiness training and employment.

- Earn money
- Explore a career field
- Learn new skills
- Meet new people

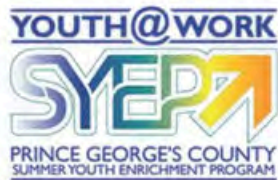
## Get Ready

**Application Dates:**  
March 1 - March 31, 2025

**Program Dates:**  
July 1 - August 8, 2025

**Pay:**  
Hourly and stipend opportunities are available





# CONDADO DE PRINCE GEORGE ¡TRABAJOS DE VERANO!



## Quiénes somos

El Programa de Enriquecimiento Juvenil de Verano del condado de Prince George ofrece oportunidades a los jóvenes de 14 a 24 años de todo el condado para recibir desarrollo profesional, capacitación laboral y empleo.

- Gane dinero
- Aprenda nuevas habilidades
- Explore un campo profesional
- Conozca gente nueva

## Prepárese

**Fechas de presentación de solicitudes:**

1 de marzo - 31 de marzo de 2025

**Fechas del programa:**

1 de julio - 8 de agosto de 2025

**Paga:**

Se ofrecen oportunidades por hora y con remuneración



Community Services Foundation

# We want to hear from you!

We have exciting activities for the whole community to enjoy & we need your input to help improve our services!



[bit.ly/csfRS2025](https://bit.ly/csfRS2025)

We will randomly draw a resident who completed the survey AND provided their email address, with a \$100 gift card!

Contact us if you have additional suggestions:



[programs@csfnd.org](mailto:programs@csfnd.org)



(301) 925-4251

# WHEN IT COMES TO MEDICARE YOU HAVE CHOICES.

Let me  
help you

find a plan to fit your health care needs.

## Are you or a loved one enrolling in Medicare this year?

Are you thinking about retiring? No matter your situation, I can help you get answers to your Medicare plan questions like:

- What is Original Medicare and are there other health care options?
- What do Medicare Parts A, B, C and D mean?
- What are the differences between Medicare and other health coverage?
- Is Original Medicare enough health coverage for me?
- Are my prescriptions covered?
- How much will it cost?
- Do I have deadlines to enroll?

## Contact me and get answers to your Medicare plan questions today

As your independent health care resource, I can offer you Medicare plans from several private insurance companies. I would be happy to talk with you over the phone or in person.

### VALERIE NIXON

Licensed Sales Agent

301-452-9175, TTY 711

VNIXON.INSURANCE@GMAIL.COM

part  
A

Hospital  
Stays

part  
B

Provider  
Visits

part  
C

Medicare  
Advantage

part  
D

Prescription  
Drugs



# ABOUT & SENIOR CLASSES

	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>



[bit.ly/CSFTeamsASE](https://bit.ly/CSFTeamsASE)

**Monday - Thursday**  
**Microsoft Teams**  
**Meeting ID: 288 855 419 201**  
**Passcode: 9T2yn9WE**

**Contact us if you need information:**

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

## 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





# Community Services Foundation

Queenstown Community Center

# After School Club



Grades  
K-8

## 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) 927-9234

queenstownsc@csfnd.org

3103 Queens Chapel Rd.  
Mount Rainier, MD  
20712



The programs are provided in partnership with Community Services Foundation, Mid City Development, Urban Atlantic, Edgewood Management Corporation, Maryland State Department of Education, Housing Opportunities Commission, Brentwood Associates Limited Partnership, Pratum Companies, Forest Heights Elementary School, St. Mark AME Church, Prince George's County Department of Family Services, MMS Group, FCP, Gotes Hudson, and Langdon Park Capital. It is funded, in part, by the Office of the State Superintendent of Education (OSSE) and Nita B. Lowery 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 with Prince George's County Department of Family Services and Maryland State Department of Education, a generous grant provided by the District of Columbia, and a grant from Learn 24 provided by the District of Columbia.

