



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 SHABACHI Ministries, and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.



Property Manager
Denise Thrash



Site Coordinator
LaNaya Beckham

E-Mail: programs@csfnd.org |

Phone: (301) 925-4251

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.

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

March

EVENTS AT A GLANCE

 **Monday & Wednesday Virtual Adult Classes**
10 AM - 12 PM & 7-8 PM

 **Tuesday & Thursday Virtual Adult Classes**
7-8 PM

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	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



Monday - Thursday

Microsoft Teams

Meeting ID: **288 855 419 201**

Passcode: **9T2yn9WE**

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

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
Adult &
Senior Time
10 AM-1 PM

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





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

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

 (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	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



bit.ly/CSFTeamsASE

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

Contact us if you need information:

 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

