



THE CSF MONTHLY AT FREDERICK DOUGLASS

Official Newsletter of Community Services Foundation



The programs at Frederick Douglass Community Center are provided in partnership with Community Services Foundation (CSF), Midcity, Horning, DC Central Kitchen (DCKK), Capital Area Food Bank (CAFB), and Frederick Douglass Housing Corporation, and funded, in part, by a Learn24 grant.

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Property Manager
Angel Carter



Site Coordinator
April Jones

Assistant Site Coordinator
Alexis Jackson

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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.

March

EVENTS AT A GLANCE

- 🌸 **Open Rec from 11 AM - 6 PM: March 13-14**
- 🌸 **NO Parent Meeting this month!**
- 🌸 **DC Summer Youth Employment Program Application Closes: March 6**

Community Manager Message

Dear Residents,

- No loitering in entrances, exits, stairways, elevators, or corridors.
- No loitering in the parking area during or after an event.
- No loitering in or around company premises.
- No smoking in the hallways or any common areas.

Please swing by or call the leasing office and ensure that they have updated email address or contact information.

Join us in welcoming new team members:

- Corey Montgomery (Maintenance)
- Christian Lopez (Maintenance)

Existing team members:

- Angel Carter (Community Manager)
- Tameisha Flower (Assistant Manager)
- Kevin Dorsey (Maintenance Supervisor)



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



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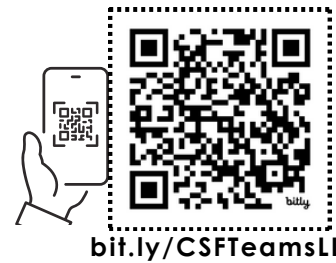
Youth & Teen Education Updates

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
Make a Jumbo Card / Bracelet

10
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Outdoor Physical Activities

17
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Wear Green Day - Make your own salad supper event

27
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Make your own Salad for Supper

31
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Make a Jumbo Card / Bracelet

TUESDAY

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

11
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
TikTok Dance Challenge

18
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
TikTok Dance Challenge

25
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Movie Day

1

WEDNESDAY

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

12
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Arts & Crafts

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

26
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM

2

THURSDAY

6
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Open Mic Round Table Discussion

13
OPEN REC
 11 AM - 6 PM
Learning Lab
 4-5 PM
Health & Wellness Posters

20
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM

27
Afterschool Club
 2-6 PM
Learning Lab
 4-5 PM
Health & Wellness Event

3

FRIDAY

7
Afterschool Club
 2-6 PM
Game Day

14
OPEN REC
 11 AM - 6 PM
Game Day

21
Afterschool Club
 2-6 PM
Game Day

28
Afterschool Club
 2-6 PM
Game Day

4

March 2025

Adult & Senior Calendar

MONDAY

3
In-Person
How to stay Healthy & Fit
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

10
In-Person
Puzzle Day
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

17 **In-Person**
Lucky Day
Celebration -
Wear Green!
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

27 **In-Person**
Thinking
back on our
experiences
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

31
In-Person
Tuesday
Take-Down:
Share a Photo
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

TUESDAY

4
In-Person
Physical
Wellness
Activity
 10 AM-1 PM
Virtual Class
Learning
 7-8 PM

11
In-Person
BINGO
Game
 10 AM-1 PM
Virtual
Class
Learning
 7-8 PM

18 **In-Person**
Tuesday
Take-Down
Movies &
Popcorn
Virtual Class
Learning
 7-8 PM

25
In-Person
Movie &
Popcorn Day
 10 AM-1 PM
Virtual Class
Learning
 7-8 PM

1

WEDNESDAY

5
In-Person
Arts & Crafts
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

12 **In-Person**
Wellness
Wednesday:
Mental Health
Awareness
 10 AM-1 PM
Virtual Class
Learning
 10 AM - 12 PM,
 7-8 PM

19 **In-Person**
Wellness
Wednesday:
How to
Meditate
 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

2

THURSDAY

6
In-Person
NYA Health
Services
Event
 10 AM-12 PM
Virtual Class
Learning
 7-8 PM

13
IN-PERSON
CLOSED
FOR
ADULTS
Virtual Class
Learning
 7-8 PM

20
In-Person
Round Table
Discussion
 10 AM-1 PM
Virtual Class
Learning
 7-8 PM

27
In-Person
NYA Health
Services
Event
 10 AM-12 PM
Virtual Class
Learning
 7-8 PM

3

FRIDAY

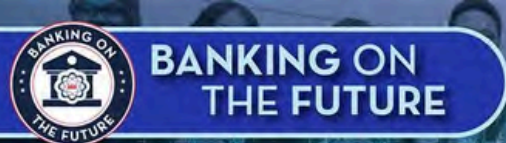
7 **In-Person**
Eating Healthy
Virtual
Nutritionist
Class
 10 AM-1 PM
Weekly Food
Distribution
 1-3 PM

14
In-Person
Movie Day
 10 AM-1 PM
Weekly Food
Distribution
 1-3 PM

21
In-Person
Card Game
Day with
Door Prizes
 10 AM-1 PM

28
In-Person
Movie Day
 10 AM-1 PM
Weekly Food
Distribution
 1-3 PM

4



MBSYEP Application is open.
Youth registration [click here](#) to apply.
Host [click here](#) to apply.

CRESP Application is closed.

HSIP Spring Semester
Begins February 3, 2025 – May 31, 2025



**MAYOR MARION S. BARRY
SUMMER YOUTH EMPLOYMENT PROGRAM**

**2025
MBSYEP
APPLICATION
IS NOW
OPEN** APPLY AT
SUMMERJOBS.DC.GOV

#MBSYEP2025



Please see important dates below:

MBSYEP Important Dates

Application Opened
Monday, January 27, 2025

Application Closes
Thursday, March 6, 2025

Certification Closes
Saturday, March 22, 2025

Thank you for your interest in the Mayor Marion S. Barry's Summer Youth Employment Program. **Please [CLICK HERE to start the application.](#)** Once this application is successfully submitted, you will receive information regarding next steps. Please note: You will **NOT** be fully registered for the program until you have completed all the required steps. **APPLICATION CLOSES THURSDAY, MARCH 6th.**

IMPORTANT NOTES

This form requires an email address. **This email account will be the primary way we communicate with you. This email account must belong to the applicant.** If you do not have a personal email address, please visit one of the following links below to get a free email address before registering.

You may select one of these providers to sign-up for a free email address:



A social security number will be required to participate in the Mayor Marion S. Barry's Summer Youth Employment Program.

This application may take up to 15 minutes to complete. Please review the application below and gather all required information before getting started. You will need the following information to successfully complete this application:

- Social Security Number of the Applicant
- Email Address of the Applicant
- Permanent Address and Contact Information of the Applicant

You must be between the ages of 14-24 by **June 23, 2025** in order to participate in this program. If you have any additional questions, the Office of Youth Programs can be reached at 202.698.3492 or summerjobs@dc.gov.



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.

JOAN LANE

Licensed Sales Agent

240-463-0972, TTY 711

JM_LANE@YAHOO.COM

part
A

Hospital
Stays

part
B

Provider
Visits

part
C

Medicare
Advantage

part
D

Prescription
Drugs



ABOUT & SENIOR CLASSES

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TUESDAY			Health & Wellness
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THURSDAY			Health & Wellness



bit.ly/CSFTeamsASE

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Meeting ID: 288 855 419 201
Passcode: 9T2yn9WE

Contact us if you need information:

 programs@csfnd.org  **(301) 925-4251**



Frederick Douglass 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!

☎ (202) 889-3850

✉ freddougsc@csfnd.org

📍 1427 Cedar Street, SE
Washington, DC
20020

