

# THE CSF MONTHLY AT PLEASANT HOMES

Official Newsletter of Community Services Foundation



The programs at Pleasant Homes Community Center are provided in partnership with Community Services Foundation (CSF), Hudson Valley Property Group (HVPG), EnVolve LLC, DC Central Kitchen (DCKK), Capital Area Food Bank (CAFB), and SHABACH! Ministries, and funded, in part, by a Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.

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## Letter from the Acting Vice President

Written by John Mensah

*"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life." — Joan D. Chittister*

As we welcome the warmth and vibrant energy of June, we also usher in a season filled with celebration, reflection, and growth. June marks the beginning of summer, a time to relax, recharge, and enjoy the outdoors. It's also a month of powerful recognition and renewal here at CSF.

June is the month of music, it is also African American Music Appreciation Month, a time to honor the rich legacy and cultural contributions of African-American musicians, singers, composers, and songwriters. "Black Music Month," celebrates the deep impact of Black artistry on American music and culture. In line with our commitment to continuous growth, June also marks the beginning of our Professional Development Month. From June 16 to 20, programming across our sites will be temporarily paused as our staff participates in intensive training. These sessions are designed to equip our team with the tools and strategies needed to serve you even better.

We're excited to resume programming on June 23 with the launch of our free Summer Enrichment Program, running daily from 9 a.m. to 6 p.m. This year's theme is "Youth in Leadership", and our STEM-based curriculum promises engaging, hands-on learning infused with creativity and fun. Spots are limited and filled on a first-come, first-served basis, so be sure to complete registration early to secure your place and avoid the waitlist!

Please note that due to summer programming demands, our regular adult and senior programs will be temporarily suspended during this period. However, we are committed to your continued engagement and are happy to accommodate adult and senior needs through scheduled appointments. Please reach out to your site coordinator to arrange a time that works for you. As we embrace all that June has to offer, let's take time to savor life's simple pleasures—whether it's enjoying a sunny afternoon, participating in a community event, or simply spending time with loved ones.

# JUNE

## EVENTS AT A GLANCE

- ★ **Center Closed: June 16-20**
- ★ **Parent Meeting: June 18 at 6:15 PM**
- ★ **Youth Summer Enrichment Club Begins: June 23**

### Community Manager Message

Dear Residents,

Your management team wants to remind you that June 1st officially begins the six-month Atlantic seaboard hurricane season. We have most of our power outages at this time of year. Unfortunately, using a candle for lighting during these storms can be tempting if your power goes out. Candles can be forgotten or knocked over, especially if a window or door breaks open due to strong winds. In the middle of a storm situation, a fire could be impossible to put out. Instead, put battery-powered lanterns and flashlights in your home emergency kit. Swap out the batteries on an annual basis to make sure you will always have light in an emergency. If you haven't a lantern or flashlight in your home, please buy one as soon as possible and do not risk yourself or your neighbors' lives with an accidental fire.



MAY

HIGHLIGHTS





# Adult & Senior Education Updates

Written by Tiffani Grier

As we dive into summer programming, **our regular adult and senior programs will be temporarily paused from June 16 - August 1.** We understand how important these offerings are and remain committed to supporting your continued engagement.

To ensure your needs are still met, we are happy to offer individual appointments during this time. If you'd like to schedule a visit or need assistance, please don't hesitate to reach out to your site coordinator.

Thank you for your understanding and flexibility as we make space for a vibrant summer full of activities for all ages. We look forward to reconnecting with our adult and senior groups in full swing after the season!



**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**

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Meeting ID: **288 855 419 201**

Passcode: **9T2yn9WE**

# Youth & Teen Education Updates

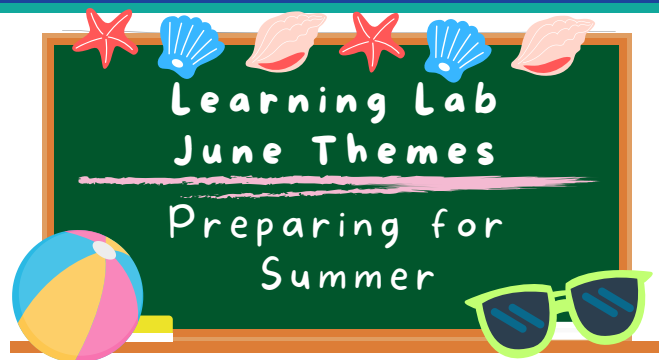
Written by Tiffani Grier

Summer Program Theme: "Innovation in Motion:  
Exploring Creativity and Activity in a Hybrid World"

Our six-week summer program will combine creativity, critical thinking, and physical activity to keep students engaged, learning, and inspired. Here's what's ahead:

- Week 1: Building Connections – Engineering Teamwork  
Students will collaborate on engineering challenges and team-building games that emphasize communication and creative problem-solving.
- Week 2: Lights, Camera, Action – The Art of Expression  
Through drama, storytelling, and visual arts, students will explore the many ways we express ourselves.
- Week 3: Motion in Action – Exploring Physics in Play  
From kinetic games to cause-and-effect experiments, this week brings science to life through movement.
- Week 4: Cultural Rhythms – Movement and Music  
Across the Globe Students will dance, drum, and move to global rhythms while learning about music and culture from around the world.
- Week 5: Creative Genius – Innovating for the Future  
Young innovators will design, invent, and imagine solutions to real-world problems using creativity and STEM principles.
- Week 6: The Grand Finale – Celebrating Our Talents and Strengths  
The summer will conclude with a showcase celebrating each student's achievements, talents, and growth.

We're excited to kick off this summer of exploration, learning, and fun!



bit.ly/CSFTeamsLL

**Learning Lab  
Microsoft Teams**

Meeting ID:

**277 760 376 456**

Passcode:

**F7qukS**



**Learning Lab focused  
on Innovations &  
Identity in May**



## 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 June 18**  
at 6:15 PM.



bit.ly/43raTlz

**Parent  
Meeting  
Microsoft  
Teams**

Meeting ID:

**231 067 154 029**

Passcode:

**Xj6zw37s**





# Health & Wellness

Written by Kayla Brown

Summer is here, and it's the perfect time to embrace sunshine, fresh air, and healthy habits together. Here are some simple and fun ways to keep your whole family feeling great all season long:

## Eat the Rainbow

Summer brings a bounty of colorful fruits and veggies—

think watermelon, berries, cucumbers, and corn! Involve your kids in picking out produce at the farmers' market or grocery store, and try making smoothies, salads, or fruit kabobs together.



## Move More, Sit Less

Longer days mean more time to play! Whether it's a family walk after dinner, a bike ride, or a game of tag in the backyard, aim for at least 60 minutes of activity a day for kids—and join in the fun!



## Stay Hydrated

With the heat rising, it's easy to get dehydrated. Keep reusable water bottles handy and encourage everyone to drink water regularly—especially during outdoor play.



## Prioritize Sleep

Even with relaxed summer schedules, consistent sleep is key. Try to keep bedtime routines steady to help kids (and adults!) stay well-rested and energized.



## Sun Safety First

Don't forget the sunscreen! Apply SPF 30+ before heading outside, and reapply every two hours. Hats, sunglasses, and shade breaks are great ways to protect your skin, too.



## Mindful Moments

Summer can be busy, so take time to slow down. Try a few minutes of deep breathing, stretching, or quiet reading together to recharge and reconnect.















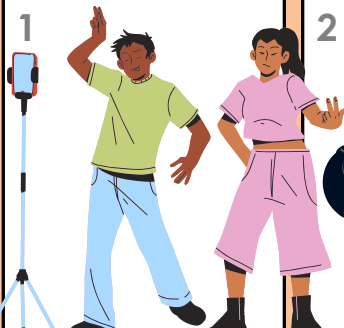



# JUNE 2025

## Youth & Teen Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM 	<b>3</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM	<b>4</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM 	<b>5</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM 	<b>6</b> <b>Afterschool Club</b> 2-6 PM <b>Fun Friday</b>
<b>9</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM	<b>10</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM 	<b>11</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM	<b>12</b> <b>Afterschool Club</b> 2-6 PM <b>Learning Lab</b> 4-5 PM 	<b>13</b> <b>Afterschool Club</b> 2-6 PM <b>Fun Friday</b> 
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>

**CLOSED FOR STAFF TRAINING**

		<b>PARENTS MEETING</b> 6:15 PM		
<b>23</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM 	<b>24</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM	<b>25</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM 	<b>26</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM	<b>27</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM
<b>30</b> <b>Summer Enrichment Club</b> 9 AM - 6 PM 	<b>1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 



# JUNE 2025



## Adult & Senior Calendar

### MONDAY

**2 In-Center Wii Sports Tournament**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

**9 In-Center Board & Card Game Day**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

16

### TUESDAY

**3 In-Center Health & Wellness**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

**10 In-Center Word Search & Puzzle Day**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

17

### WEDNESDAY

**4 In-Center Field Trip to the Clinton Shopping Center**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

**11 In-Center Nutrition Class**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

18

### THURSDAY

**5 In-Center Words of Encouragement**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

**12 In-Center Field Trip to the Amish Market, Thrift Store & Family Dollar**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

19

### FRIDAY

**6 In-Center Field Trip to Sport & Learning Center**  
10 AM - 2 PM  
**Midday Lunch**

**13 In-Center Field Trip to Sport & Learning Center**  
10 AM - 2 PM  
**Midday Lunch**

20

# CLOSED FOR STAFF TRAINING

**PARENTS MEETING**  
6:15 PM

**23 In-Center BINGO Game Day**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

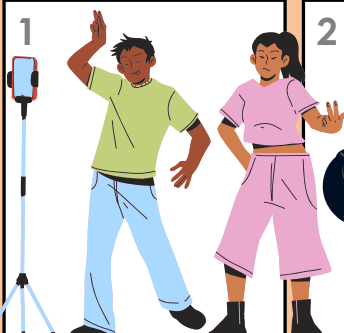
**24 In-Center Brown Bag Food Distribution**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

**25 In-Center Field Trip to Rose's Department Store & Dollar Tree**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM

**26 In-Center Senior Meeting**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
7-8 PM

**27 In-Center Field Trip to Sport & Learning Center**  
10 AM - 2 PM  
**In-Center SHABACH Ministries Food Distribution**  
10 AM - 2 PM  
**Midday Lunch**

**30 In-Center May Birthday Celebration Field Trip to Golden Corral**  
10 AM - 2 PM  
**Midday Lunch**  
**Virtual Class Learning**  
10 AM - 12 PM, 7-8 PM





# FREE Summer Enrichment Club 2025

MONDAY TO  
FRIDAY

GRADES  
**K-8**



## Community Center

**JUNE 23 -  
AUGUST 1**

**9 AM - 6 PM**

- **STEAM Activities**
- **Meals Provided**
- **Field Trips**
- **Health & Wellness**
- **Nature Exploration**
- **Games with Friends**

**Registration open on May 1  
at 9 AM until June 13 at 6 PM**

**Space is limited, register now!**

For more information & to register, please visit your  
Community Center to speak with site staff or contact us  
by email or phone:

📍 Community Center

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

☎ (301) 925-4251



# GRATIS Verano Enriquecimiento Club 2025

DE LUNES A  
VIERNES

GRADOS  
**K-8**



## Centro comunitario

**23 DE JUNIO -  
1 DE AGOSTO**

**9 A. M. A 6 P. M.**

- **Actividades STEAM**
- **Comidas proporcionadas**
- **Excursiones**
- **Salud y bienestar**
- **Exploración de la naturaleza**
- **Juegos con amigos**

**Inscripciones abiertas el 1 de mayo a las  
9 A. M. hasta el 13 de junio a las 6 P. M.**

**¡El espacio es limitado, regístrate ahora!**

Para obtener más información y registrarse, visite su  
Centro Comunitario para hablar con el personal del sitio o  
contáctenos por correo electrónico o teléfono:

📍 Centro comunitario

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

☎ (301) 925-4251





# Arise and Shine Health Center

Behavioral, Addiction Treatment and Wholeness Center



We specialize in Child and Adult Psychiatric Mental Health, with on-site Therapist and Healthcare Professionals to assist our patients along their wellness journey. We have three psychiatrists and two therapists, offering services to patients starting at 7 years old. Our team is well equipped to handle and work with patients with Stimulant use disorder, ADHD, Anxiety, Depression, Insomnia, and others as well. We are here for you!

- Counseling
- Medication Management
- Telepsychiatry Services
- Medical Marijuana
- Pharmacogenetic Testing (gene sight)
- Sparvato Ketamine treatment for Treatment-Resistant Depression Patients
- Vivitrol
- Suboxone, and Sublocade
- Life Coaching / Mentoring Programs
- Rehabilitation Program for both Adults and Minor (PRP )
- Intensive Outpatient Program ( IOP ).

## Together, we can ARISE!

### Currently Accepting New Patients !

Private/Medicare and Medicaid Insurance, Care First BCBS, Aetna, United Healthcare, Kaiser, Priority Partners. Well Point, AmeriGroup, Maryland Physicians Care, MedStar Authorization as well as Tricare Insurance, are accepted.

Walk-ins Welcomed | Same day Appointments

Monday-Friday: 8:30 AM-6 PM

Saturday (APPT ONLY) 8 AM-3 PM

301-613-1738 | 443-209-7100 | 443-374-5044 (24 HOURS)  
| Fax # : 443-557-0810

INFO@ASHEALTHSERVICES.ORG

7452 Baltimore Annapolis Blvd | Unit 200  
Glen Burnie, MD 21061

8957 EDMONSTON RD UNIT M  
Greenbelt, MD 20770

Visit our site [WWW.ASHEALTHSERVICES.ORG](http://WWW.ASHEALTHSERVICES.ORG)





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