



THE CSF MONTHLY AT MILLWOOD

Official Newsletter of Community Services Foundation



The programs at Millwood Townhouses Community Center are provided in partnership with Community Services Foundation (CSF), Hudson Valley Property Group (HVPG), Envolve LLC, and Capital Area Food Bank (CAFB), and funded, in part, by a MSDE (21st CCLC) and Prince George's County Department of Family Services Reducing Childhood Hunger (PGC DFS RCH) grant.

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Community Manager
Johniece Gardner



Site Coordinator
Antonio Williams

E-Mail: millwoodsc@csfnd.org | **Phone:** 301-350-1057

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 31**
- 🦋 **Steering Committee Meeting: March 27 at 1 PM**
- 🦋 **NO Parent Meeting this month!**
- 🦋 **PG Summer Youth Employment Program Application Closes: March 31**

Community Manager Message

Dear Residents,

Your management team asks all residents to be considerate of their neighbors, including not making disturbing sounds that can be heard in their neighbors' homes, staying aware of their surroundings, and allowing all residents to enjoy their community. If you're looking for suggestions to help beautify your home and community as you take on your spring cleaning list, consider implementing any of the following recommendations below:

Walk through your home and see if:

- Your blinds or curtains hang straight and close correctly without gaps.
- Your window sills are clean and free of all objects. They should not become an extra shelf for storage or your knick-knacks. (Imagine how our community would look if everyone stored items on their windows sills.)

Please, also remember to:

- Keep your music, televisions, and all other noise at a minimum so you don't disturb your neighbors. Disturbing your neighbors with noise is a lease violation.
- Do not drop trash anywhere on the property.
- Call and report any maintenance concerns immediately.
- Advise our staff and police of loiterers or any suspicious activity.

Call on our staff if you would like additional pointers for your home. We would love to work with you so that your home and community are the ones you are proud to call yours.



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

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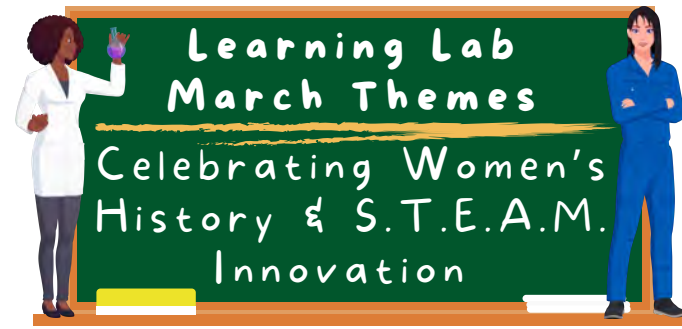
Youth & Teen Education Updates

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



**Steering Committee
Microsoft Teams**
Meeting ID:
259 109 268 810
Passcode:
2dbVVD



Steering Committee
Come and meet the Program and Site Staff at many of our sites, hear from guest speakers, and learn about the grants that make our programs possible!

Our next meeting is
Thursday, March 27
at 1:00 PM.

Meeting Attendance Survey
This survey seeks your feedback on today's session to help improve our future parent programs.



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
Music Appreciation Day

TUESDAY

4 
Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Lucky Day Decorations

WEDNESDAY

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

THURSDAY

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

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
Movie Tuesday

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 



March 2025

Adult & Senior Calendar

MONDAY

3 In-Person Music Appreciation Day

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

TUESDAY

4 In-Person Lucky Day Decorations

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

THURSDAY

6 In-Person Game Day

10 AM-1 PM

Virtual Class Learning

7-8 PM

FRIDAY

7 In-Person Adult & Senior Time

10 AM-1 PM

10 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

11 In-Person Movie Tuesday

10 AM-1 PM

Virtual Class Learning

7-8 PM

12 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

13 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

7-8 PM

14 In-Person Adult & Senior Time

10 AM-1 PM

17 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

18 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

7-8 PM

19 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

20 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

7-8 PM

21 In-Person Adult & Senior Time

10 AM-1 PM

27 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

10 AM - 12 PM, 7-8 PM

25 In-Person Adult & Senior Time

10 AM-1 PM

Virtual Class Learning

7-8 PM

26 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

7-8 PM

28 In-Person Adult & Senior Time

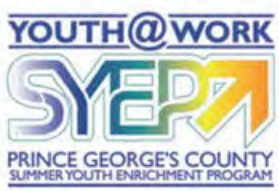
10 AM-1 PM

31 IN-PERSON CLOSED FOR ADULTS

Virtual Class Learning

10 AM - 12 PM, 7-8 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.

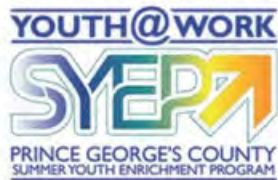
- Earn money
- Explore a career field
- Learn new skills
- Meet new people

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

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



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
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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





Millwood Community Center

After School Club



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) 350-1057

millwoodsc@csfnd.org

**1418 Karen Blvd.
Capitol Heights, MD
20743**

