



Rainier Manor Community Center Newsletter

March 2023

Our Site Coordinator's Message

Let's kick off March and the beautiful spring season by continuing to work towards getting healthier this year! Take small steps in watching what you eat and drink. Most importantly, ensure you take time and purposefully get enough rest. And whenever possible and allowed by your doctor, throw in a bit of exercise.

Join us this month as we celebrate Women's History Month! Participants will learn and explore the accolades of academic achievement, inventions and innovations, explorations and discoveries made by women worldwide. Additionally, program participants can engage in STEAM, educational enrichment, and service-learning projects.

Please visit the community center to learn more about the above and other activities. Also, contact us if you or a household member needs assistance with services.

Please consider volunteering and assisting your Community Services team members in providing the best possible services in 2023!

EMAIL

rainiermanorspd@csfnd.org

TELEPHONE

301-699-9795



GLORIA MATTHEWS

Senior Program
Coordinator

Due to the current COVID Pandemic, the rental office and the community center will operate on a schedule compliant with CDC and state health and safety recommendations.

The programs are provided in partnership with Rainier Redevelopment Associates, LP, Rainier Manor 2 Associates, LP and Community Services Foundation



Community Services Foundation is a CORES certified organization.



OUR COMMUNITY MANAGER'S MESSAGE

March signals the end of one season and the beginning of another. Oh, how happy most people are in Spring when the flowers peek out from their winter hibernation. Monday, March 20, is the first day of Spring in 2023, so let's take in all the beauty that this season offers.

Please read all correspondence that your Management Team delivers to your home. These notices are critical and informative. If you ever receive a notification that isn't entirely clear to you, don't hesitate to contact the Office, and we will be glad to answer any questions you may have.

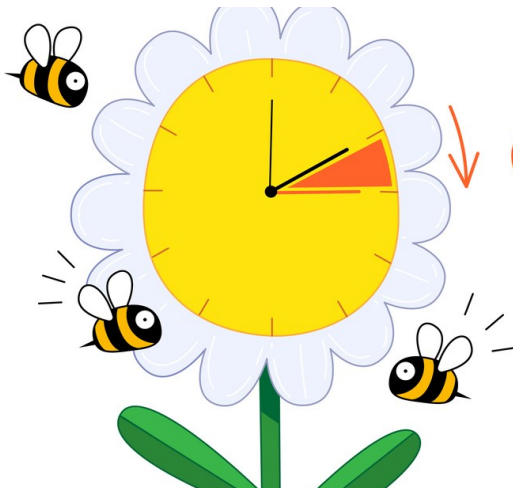
Please do not wait until you pay your rent to tell the Office about any maintenance issues or concerns. It is a very busy time-sensitive period for us. More importantly, you should never wait to report a problem or a concern. Thank you.

Our Commitment

Community Services Foundation is committed to providing the best learning environment for the community, whether in-person or virtually.

Thank you for your flexibility and understanding as we adapt our programs and services to minimize any health concerns.

Please stay up to date regarding the Center's operations through correspondence from our team, posted notices, or simply call the Center if you are ever unsure. Again, thank you!



CHANGE YOUR CLOCKS

SPRING FORWARD

Daylight Saving Time Begins
Sunday, March 12, 2023

ADULT EDUCATION

Are you interested in expanding your skills, learning a trade or gaining a nationally recognized certification?

The Senior Community Service Employment Program (SCSEP), also known as Title V, provides part-time work-based training opportunities at local community service agencies for older Prince Georgians who have poor employment prospects and are unemployed.

SCSEP assists individuals in finding employment opportunities in the community through a variety of supportive services such as personal and job-related counseling, job training, and job referral. SCSEP providers also educate employers about the benefits of hiring older workers.

For more information: Contact the Prince George's County Department of Family Services at 301 - 265 - 8450.



RESOURCES

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for COVID – 19 at

<https://findhelp.org/>

When you log on, insert your zip code to search for services and benefits in your area. You can also ask your Site Director for additional resources.



YOUTH UPDATES



SMILE

If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other.

~

A man asks a woman:
"when is your birthday?".
To which the girl replies: "March 1st."
The man immediately starts
marching around the room and,
after a few minutes, asks,
"Can you tell me now?"

STAY SAFE & HEALTHY

Please remember to get tested if you think you may have been exposed to COVID or have symptoms associated with COVID. Please click on the following link or type it into your browser to find a testing site near you.

<https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>



YOUTH UPDATES



A WEE BIT OF IRELAND

“May your heart be light and happy,
may your smile be big and wide,
and may your pockets always have
a coin or two inside!”

~

“Always end your day with a positive
thought. No matter how bad things
are, tomorrow is another chance
to make things better”!



Have a Happy
St. Patrick's Day
on March 17th



March 2023

Sun

Mon






Tue

Wed

Thu

Fri

Sat

		February 28 Birthday Celebrations Building I 3:30 - 5:30 PM	1 Birthday Celebrations Building II 3:30 - 5:30 PM	2 Women's History Building 1 3:30pm-5:30pm	3	4
5	6	7 Women's History Building II 3:30pm-5:30pm	8 Exercise For All Bldg. I 3:30pm-5:30pm	9 Exercise For All Bldg. II 3:30pm-5:30pm	10	11
12 	13	14 Words of Encouragement Bldg. I 3:30pm-5:30pm	15 Words of Encouragement Bldg. II 3:30pm-5:30pm	16 Celebrating St. Patrick's Day Bldg. I 3:30pm-5:30pm 	17 Happy St. Patrick's Day 	18
19	20 	21 Celebrating St. Patrick's Day Bldg. II 3:30pm-5:30pm 	22 BINGO Bldg. I 3:30pm-5:30pm	23 BINGO Bldg. II 3:30pm-5:30pm	24	25
26	27	28 Exercise Bldg. I 3:30pm-5:30pm	29 Exercise Bldg. II 3:30pm-5:30pm	30 Movie Day Bldg. II 3:30pm-5:30pm	31	