



Rainier Manor Community Center Newsletter

JUNE/JULY 2023

Our Site Coordinator's Message

Community Services Foundation (CSF) celebrates June as the official start of summer. Many consider summer to be the best season, when we experience more sunshine, barbecues, and cookouts. For many adults and seniors, it is often the time to relax and vacation. The official first day of summer is June 21st at 10:57 AM.

Do the things that make you happy! Consider a staycation even if you cannot go to a beach or favorite vacation spot. A **staycation** is a vacation spent in one's community rather than traveling to faraway places. Often, they involve day trips to local attractions or can be spent at home, where you stay in your house, relax, and enjoy some time away from your normal activities.

This summer, CSF will explore the theme, **Unlocking the Secrets to Our National Treasures**. Although national treasures are generally defined as artifacts, institutions, or public figures representing a nation's cultural heritage or identity, the people of a country are its most significant treasure. Explore some of this country's national treasures by participating in the CSF Community Center Adult and Senior program's virtual tours. But most importantly, looking inwardly unlocks the secrets to remind you that you are a national treasure!

As a reminder, adult and senior residents can join us for various virtual workshops consisting of informative conversations with leaders and professionals, sharing knowledge and personal experiences. Additionally, CSF offers food distributions, adult well-care calls, and information on valuable community resources. Please come to the center or call your Community Center team member for more details.

Please help us serve you better by completing the Resident Survey. The link may be found on the attached flyer. We thank you in advance and wish you a great summer!

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GLORIA MATTHEWS

Senior Program
Coordinator

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.



ADULT & SENIOR UPDATES

OUR COMMUNITY MANAGER'S MESSAGE

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.



CENTER CLOSED FOR ANNUAL CSU

All Community Services Foundation Centers will be closed beginning **Tuesday, June 20th**, through **Friday, June 23rd**, for our Community Services University (CSU).

Annually we take this time to stay abreast of the best programming and service options for you by training all staff members and planning for the upcoming program year.

We look forward to providing you with fresh new ideas, approaches, and services!



Find food assistance, help paying bills, and other free or reduced-cost programs 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.

RESIDENT SURVEY



Resident Survey - Community Services Foundation wants to hear from you. Please let us know if our programs and services meet your needs. To serve you better, please take 3 to 5 minutes to complete the attached survey by clicking on the red Resident Survey link above, using the following link. Thank you!

https://docs.google.com/forms/d/e/1FAIpQLSfrlL_ybG_bkadIwEMUsnGd3S9fIVd7YRCU-1bIM-WW0zBeUw/viewform?usp=sharing

STAY SAFE & HEALTHY

While many measures associated with COVID have been lifted, you & your guests still need to be cautious about your well-being. Please consider wearing your mask/face-covering whenever you are not in your home, on public transportation, rideshare, or in large gatherings. And get tested if you ever feel you have the symptoms associated with COVID.

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



**In observance of
Juneteenth our offices will be
closed Monday, June 19th.**

The day's name is a combination of "June" and "nineteenth" in honor of the date of Granger's announcement and first appeared around 1903. It is also known as African American Freedom Day or Emancipation Day.



COMMUNITY UPDATES

Reflection

"My father used to say that it's never too late to do anything you wanted to do. You never know what you can accomplish until you try."

Michael Jordan on Advice From His Father



COMMUNITY UPDATES



Father's Day Quotes

"A father is someone you look up to no matter how tall you grow."

Unknown

"It humbles you. You start to realize you don't have all the answers."

John Legend

"A father carries pictures where his money used to be."

Steve Martin

WE WISH ALL FATHER'S A





SUNDAY, JUNE 18th



June 2023

Sun Mon Tue Wed Thu Fri Sat

				1 MOVIE DAY BLDG 1 3:00 - 6:00 PM	2	3
4	5	6 BIRTHDAY CELEBRATION BLDG 2 3:00 - 6:00 PM	7 BIRTHDAY CELEBRATION BLDG 1 3:00 - 6:00 PM	8 EXERCISE BLDG 2 3:00 - 6:00 PM	9	10
11	12	13 EXERCISE BLDG 1 3:00 - 6:00 PM	14 FLAG DAY PAINT & SIP BLDG 2 3:00 - 6:00 PM	15 ALL CENTERS ARE CLOSED	16	17
18 Happy Father's Day 	19 Juneteenth Observed 	ALL CENTERS ARE CLOSED FOR CSU				
25	26	27 VISION BOARDS BLDG 2 3:00 - 6:00 PM	28 ARTS & CRAFTS BLDG 1 3:00 - 6:00 PM	29 ARTS & CRAFTS BLDG 2 3:00 - 6:00 PM	30	



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