



THE PENTACLE COMMUNITY CENTER NEWSLETTER May 2022 THEME: MENTAL HEALTH AWARENESS



**YOU ARE
NOT ALONE
DON'T BE
AFRAID
TO ASK FOR
HELP**

EMAIL

thepentaclesd@csfndn.org

TELEPHONE

202 - 399 - 6016



JOSEPH CHANEY
Site Director



ARJAE' SAUNDERS
Assistant Site Director

Our Site Director's Message

Since the pandemic, more and more people have been talking about mental health. An increasing number of people are beginning to understand that mental health is an important component of our overall health and well-being. Many people are learning more about mental health topics for the first time and gaining a broader understanding which will, inevitably, help if they or someone they know are experiencing a mental health condition or crisis

As we celebrate Mental Health Awareness, take time to ask yourself about your thoughts, feelings, and behaviors to help determine the state of your mental health. The following list of questions can help you determine if you are doing well or in need of help:

- ◆ Have things that used to feel easy started feeling difficult?
- ◆ Does the idea of doing daily tasks like making your bed now feel really, really hard?
- ◆ Have you lost interest in activities and hobbies you used to enjoy?
- ◆ Do you feel irritated, possibly to the point of lashing out at people you care about?
- ◆ Do you look forward to starting the day or would you rather spend your time sleeping?

Reaching out for assistance can help you find the support that may be needed. If your mental health is good, consider being a support for someone else or encouraging them to seek help. Just like the thought of a cold or even COVID reaching out to a mental health care professionals early can help you or someone you love to find the support they need to thrive!

Our Community Manager's Message

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 and/or curtains are hanging straight.
- * Your blinds or curtains close properly and completely, without any gaps.
- * Your window sills 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:

- * Not drop trash anywhere on the property.
- * Call and report any maintenance concerns immediately.
- * Advise our staff of loiterers or of 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 make a favorable impression on your guests and those who pass by.

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 Horning Brothers and Community Services Foundation, and funded, in part, by a generous Learn24 grant provided by the District of Columbia.



Community Services Foundation is a CORES certified organization.





YOUTH ACTIVITIES FOR THE MONTH



Let's make our school year great! Join our Afterschool Club!
Please email us or call us: 202 - 399 - 6016

Report Cards Needed

Report cards allow us to provide additional individual support to your child. Please provide a copy of your child's report cards as soon as they are available. You can send them via email or give them a hard copy. Additionally, you can take a picture of the report card from their school's website and send it by email.

Afterschool Club Activity Schedule

Monday - Friday: 3:00 PM to 9:00 PM

Group and Individual session will focus on:

- ◆ Fun STEAM Activities
- ◆ At-Home Lesson Plans and Experiments
- ◆ Virtual Field Trips
- ◆ Hands-On Learning Instruction
- ◆ Digital Literacy
- ◆ Character Development
- ◆ Virtual Games and Trivia
- ◆ Health & Wellness
- ◆ Weekly Refreshers
- ◆ Reflection Time

Help in areas identified, opportunities to share thoughts, and much more!

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!

Educational Opportunities

The District of Columbia training and professional certification services and resources offers resources and services for job seekers. When it's time to shift careers, they offers resources and employment services to help job seekers navigate the process.

For more information please click here or type into your browser: <https://dc.gov/training>

SUMMER ENRICHMENT CLUB

AGES 5 - 12 YEARS OLD

REGISTER YOUR CHILD

TODAY!

Spaces are Limited! Daily

9:00 am - 6:00 pm

ALL ACTIVITIES ARE FREE

THE PENTCLE COMMUNITY CENTER

TELEPHONE: 202 - 399 - 6016

- ◆ **DAILY MEALS PROVIDED AT NO COST**
- ◆ **HEALTH & WELLNESS SAFETY PRECAUTIONS IN PLACE**
- ◆ **DAILY RECREATIONAL GAMES & FUN**
- ◆ **EXCITING STEAM PROGRAMMING**
- ◆ **OPPORTUNITIES TO EXPAND YOUR CREATIVITY**
- ◆ **AND SO MUCH MORE**



DID YOU KNOW?



REMINDER PARENTS MEETINGS

are held on the third Wednesday of each month. This month we will meet on **May 18th**



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://coronavirus.dc.gov/testing>

MEMORIAL DAY MAY 30



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.

Trivia Quiz: Geography Bee

The National Geographic Bee will be held June 17- 20 in Orlando, Florida. To commemorate this annual event, test your geography knowledge with this trivia quiz.

1. What is the capital of Brazil?
2. What is the first foreign country you would reach as you travel due south from Detroit, Michigan?
3. Which is the only state to touch two oceans?
4. Only one state in the US does not have a straight line anywhere along its border. Name this state.
5. What is the name for the thousands of islands in the central and southern Pacific Ocean, which is sometimes referred to as the South Seas?



HAPPY
*Mother's
Day*
May

A TRIBUTE TO MOTHERS

A Child's View of Mother

- At - 4 years old: My Mother can do anything.
- 7 years old: My Mom knows a lot, a whole lot.
- 8 years old: My Mom doesn't quite know everything.
- 12 years old: Oh, well, naturally Mom doesn't know everything.
- 14 years old: Mother? Hopelessly old fashioned.
- 21 years old: Oh, that woman is out-of-date. What did you expect?
- 25 years old: She knows a little bit about it, but not much.
- 30 years old: Must find out what Mom thinks about it.
- 35 years old: A little patience; let's get Mom's meaning first.
- 50 years old: What would Mom have thought about it?
- 60 years old: My Mom knew literally everything
- 65 years old: I wish I could talk it over with Mom once more.

Trivia Answers

1. Brasilia.
2. Canada.
3. Alaska touches the Pacific and Arctic Oceans.
4. Hawaii.
5. Oceania.

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Afterschool Club 3:00 - 9:00 PM	3 Afterschool Club 3:00 - 9:00 PM	4 Afterschool Club 3:00 - 9:00 PM	5 Afterschool Club 3:00 - 9:00 PM	6 Afterschool Club 3:00 - 9:00 PM	7
8 Mother's Day 	9 Afterschool Club 3:00 - 9:00 PM	10 Afterschool Club 3:00 - 9:00 PM	11 Afterschool Club 3:00 - 9:00 PM	12 Afterschool Club 3:00 - 9:00 PM	13 Afterschool Club 3:00 - 9:00 PM	14
15	16 Afterschool Club 3:00 - 9:00 PM	17 Afterschool Club 3:00 - 9:00 PM	18 Parents Meeting Afterschool Club 3:00 - 9:00 PM	19 Afterschool Club 3:00 - 9:00 PM	20 Afterschool Club 3:00 - 9:00 PM	21
22	23 Afterschool Club 3:00 - 9:00 PM	24 Afterschool Club 3:00 - 9:00 PM	25 Afterschool Club 3:00 - 9:00 PM	26 Afterschool Club 3:00 - 9:00 PM	27 Afterschool Club 3:00 - 9:00 PM	28
29	30 Memorial Day 	31 Afterschool Club 3:00 - 9:00 PM				