



November 2022

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RAINIER MANOR NEWSLETTER

OUR SITE COORDINATOR'S MESSAGE

Community Services Foundation (CSF) is flourishing this fall with the activities and resources available for residents in the community center at Rainier Manor. Focusing on gratitude, residents will engage in activities that will allow them to be appreciated and give flowers to one another. Participants will enjoy seminars, field trips, cinema days, health and wellness activities, and more!

We look forward to sharing these community-wide opportunities throughout this month! We are here to serve you!



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



COMMUNITY UPDATES

OUR COMMUNITY MANAGER'S MESSAGE

As the beginning of our National Holiday Season, starting with Thanksgiving and ending on New Year's Day, November is an exciting time for all of us! Let us begin preparing our homes and ourselves, so we are ready for the Season!

Here are a few quick tips:

- ◆ Report all necessary repairs as soon as you are aware of them.
- ◆ If your home has neglected house-keeping, start now by doing it in small steps.
- ◆ Look for any trip hazards you may have and remove them. You do not want to be moving fast and trip.
- ◆ Follow all COVID & FLU safety guidelines.

And most of all, ENJOY & GIVE THANKS FOR THIS SPECIAL TIME OF THE YEAR!



**IN HONOR AND TO SAY "THANK YOU"
TO OUR VETERANS, OUR OFFICE WILL BE
CLOSED ON VETERANS DAY,
FRIDAY, NOVEMBER 11TH.**

**PLEASE CALL IN YOUR WORK ORDERS BEFORE
NOVEMBER 9TH
TO ENSURE THEIR COMPLETION BEFORE
THE HOLIDAY.**



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.



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>

Reflections:

“This is a wonderful day. I have never seen this one before.” ~ Maya Angelou

“When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself.” ~ Tecumseh



*** SOCIAL SERVICE SEMINAR ***

Join Mr. Magee on November 9th from 3:30 pm - 5:30 pm
and hear updated information on:
Medicare Advantage, SNAP/EBT, Free Cell Phones and more

*** Thanksgiving Luncheon ***

November 22nd
3:00pm - 5:00pm
Building 1 & 2

SMILE



"Knock knock!" "Who's there?" "Annie." "Annie who?"
"Annie body seen the turkey?"

"Knock knock!" "Who's there?" "Arthur." "Arthur who?"
"Arthur any leftovers?"







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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Birthday Celebration 3:30pm - 5:30pm Building 2	2 Birthday Celebration 3:30pm - 5:30pm Building 1	3 Exercise for All 3:30pm - 5:30pm Building 1	4	5
6	7	8 Exercise for All 3:30pm - 5:30pm Building 1	9 Seminar: "Social Service" (Medicare Advantage, SNAP/ EBT, Free Cell Phones) - Mr. Magee 3:30pm-5:30pm Building 2	10 Chat & Chew for All 3:30 - 5:30pm Building 1	11 Office Closed 	12
13	14 National Bullying Prevention Week	15 Let's Talk About Bullying 3:30pm - 5:30pm Building 2	16 Let's Talk About Bullying 3:30pm - 5:30pm Building 2	17 Exercise for All 3:30 - 5:30pm Building 2	18	19
20	21	22 Thanksgiving Luncheon 3:00pm - 5:00pm Building 1 & 2	23 Exercise for All 3:30pm - 5:30pm Building 2	24  All Centers Closed	25	26
27	28	29 Words of Encouragement 3:30pm - 5:30pm Building 2	30 Words of Encouragement 3:30pm - 5:30pm	December 1 5-Star Movie Day 3:30pm - 5:30pm Building 1		