

BRIGHTWOOD COMMUNITY CENTER NEWSLETTER

Happy
NEW YEAR!

JANUARY 2022
THEME: ACHIEVEMENT

2022!!

EMAIL

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Site Director



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Assistant Site Director

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.

**DISTANCE / VIRTUAL
LEARNING WILL CONTINUE**

The programs are provided in partnership with Brightwood Communities, Edgewood Management Corporation and Community Services Foundation and a generous Learn24 grant provided by United Way of the National Capital Area.



Our Site Director's Message

Community Services Foundation Team Members wish you and your family a happy, healthy, and productive New Year!

"2021" tested our resilience but our collective tenacity allowed us to overcome all obstacles that we faced! We learned and navigated new pathways during the last two years while finding so much to be thankful for. We are grateful for you and your trust in us to provide the programs and services that you need. As we begin 2022, we will continue to implement virtual and in person activities to enhance your life.

We extend a special thank you to all parents and guardians for your ongoing work, dedication, and commitment to keeping your child in our activities and ensuring that they are engaged both at school and at home. We will begin the year by setting "SMART" (Specific, Measurable, Achievable, Relevant, Time-bound) goals for youth and teens. and what them as they gain the life skills necessary for success and happiness. Don't forget to register your child in our after-school programs so they can take part in all of the fun activities we have planned for them this year!

We will take time this month to honor Dr. Martin Luther King Jr. with a day of service. Please call or email the center and give us your suggestions for service activities for your community.

With January's focus on ACHIEVEMENT, our staff will support you and help to ensure your success in achieving your personal life goals in this New Year!

Our Community Manager's Message

HAPPY NEW YEAR!!!!

Our entire team hopes you had an enjoyable holiday season and sincerely looks forward to working with you in 2022.

We all can contribute to showing our pride in our homes and community. As we begin this New Year, we will share suggestions on maintaining your home each month. We ask that you share your tips on how we can work with you to achieve a more vibrant property.

Please correctly dispose of any excess trash accumulated during the holiday season, including removing any trees and decorations. It is also an excellent time to consider cleaning the fridge.

Have a great month, and please call on us if we can be of assistance!

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: 301 - 925 - 4251

Participate in telephone and virtual tutoring sessions with your community center staff.

Afterschool Club Activity Schedule

Monday - Friday: 3:00 PM to 6:00 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!

**DUE TO A RISE IN COVID CASES,
OUR PROGRAMS ARE BEING PROVIDED
VIRTUALLY THROUGH JANUARY 17, 2022.
WE WILL SEND UPDATES
ON ANY CHANGES.
WE APPRECIATE YOUR UNDERSTANDING.**

2022 Goals

- 1.
- 2.
- 3.

Tips To Help Keep Your Resolutions

Virtually everyone has made a New Year's resolution--and then quickly broken it. While your intentions may be good, good but reality makes it hard to keep those promises. This year, try using these tips to help you achieve your goals.

1. Be realistic - Don't make too many resolutions or make your goals unattainable. It might be better to just have one resolution that is within reach.
2. Plan ahead - Spend some time ahead of New Year's Day thinking about your goals. With some forethought, you can come up with a good plan. Include in your planning a way to make yourself accountable and think about how you are going to get support.
3. Get a buddy - Keeping your resolution a secret is a sure-fire way to slip up. Tell a friend or family member what you are hoping to accomplish.
4. Give yourself a reward - Set some goalposts that you can reach along your resolution journey. Once you've accomplished a smaller goal, give yourself a reward. That doesn't mean that you should get an ice cream sundae once you've lost your first five pounds.
5. Keep track of your progress. - A journal or chart can be a good way to watch your progress. Even something as simple as a notation on a calendar each day can be a good motivator
6. Hang in there - Behavioral scientists say that it takes about 21 days to form a new habit. It can take up to six months for it to become a part of your personality and feel second-nature. Give yourself some time to get used to your new way of thinking.
7. Don't be too hard on yourself - If you do fumble and slip on occasion, you can still continue with your resolution.

DID YOU KNOW?



COVID-19 TESTING



If you ever feel that you may have been exposed to COVID or know that you have been

exposed to COVID, please get tested. As a reminder, free testing is available at:

<https://coronavirus.dc.gov/testing>

Just click on the blue link to find out more information.

REMINDER

PARENTS MEETINGS

are held on the third Wednesday of each month. This month we will meet on **January 19th**



WEAR A MASK



WASH HANDS WITH SOAP AT LEAST 20 SECONDS



DESINFECT HANDS AND OBJECTS

CORONAVIRUS PREVENTION

PROTECT YOURSELF FROM COVID-19



KEEP SOCIAL DISTANCE



AVOID CROWDS



STAY AT HOME WHEN YOU ARE SICK

ACHIEVEMENT QUOTES

Faith is taking the first step even when you don't see the whole staircase. *Martin Luther King, Jr.*

There is no short cut to achievement. Life requires thorough preparation - veneer isn't worth anything. *George Washington Carver*

SMILE!

A young woman was driving her car when she realized she was lost in the blinding snowstorm. She only panicked for a minute however. She remembered that her father had told her that if you ever get stuck in a snowstorm, you should wait for a snow plow and then follow it. Sure enough, after a while, a snow plow came by, and she started to follow it. She followed the large vehicle for about 45 minutes. Finally the driver of the truck got out and asked her what she was doing. She explained that her dad had told her if she ever got stuck in a snowstorm, she should follow a plow. The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot, do you want to follow me over to K-Mart now?"

Resources

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

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Afterschool Club 3:00 - 6:00 PM	5 Afterschool Club 3:00 - 6:00 PM	6 Afterschool Club 3:00 - 6:00 PM	7 Afterschool Club 3:00 - 6:00 PM	8
9	10	11 Afterschool Club 3:00 - 6:00 PM	12 Afterschool Club 3:00 - 6:00 PM	13 Afterschool Club 3:00 - 6:00 PM	14 Afterschool Club 3:00 - 6:00 PM	15
16	17 In Honor of Dr. King Jr. The Center Is Closed 	18 Afterschool Club 3:00 - 6:00 PM	19 Parents Meeting Afterschool Club 3:00 - 6:00 PM	20 Afterschool Club 3:00 - 6:00 PM	21 Afterschool Club 3:00 - 6:00 PM	22
23	24	25 Afterschool Club 3:00 - 6:00 PM	26 Afterschool Club 3:00 - 6:00 PM	27 Afterschool Club 3:00 - 6:00 PM	28 Afterschool Club 3:00 - 6:00 PM	29
30	31					