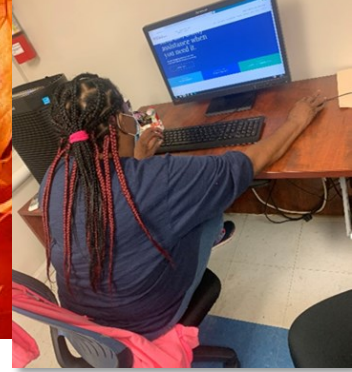


FREDERICK DOUGLASS COMMUNITY CENTER NEWSLETTER

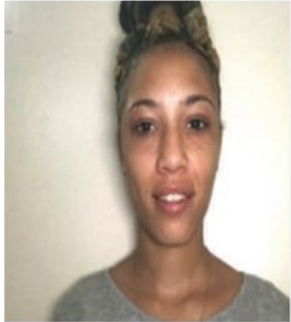
NOVEMBER 2021

THEME: SHOWING GRATITUDE



EMAIL

freddougsd@csfndn.org



ASHLEY CLARK
Site Director



ANNE DRUMMOND
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 the Mid City Development, Frederick Douglass Housing Corporation, 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

It is hard to believe that it's November already! November is typically a time of reflection and gratitude. Gratitude for all the positive people and experiences in our lives.

At Community Services Foundation, we are grateful; for each of you! You make a tremendous difference in our lives by working with us to enhance your life, and by doing so, our lives have more meaning and fulfillment! Thank You!

Research has shown that when individuals show gratitude, they acknowledge the goodness in their lives. During this process, people usually identify that the source of that goodness lies at least partially outside of themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

The concept is crucial during the pandemic when the world around us is unpredictable and sometimes even dangerous. This month will focus on activities for our youth and conversations with our adults that will help us all to find ways to affect our lives with more appreciation and thankfulness.

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, so they are ready for the Season!

Here are a few quick tips: Here are a few quick tips:

- ✓ Report all necessary repairs.
- ✓ If your home has any neglected housekeeping, start now by doing it in small steps.
- ✓ Look for any trip hazards that you may have and remove them. You do not want to be moving fast and trip.
- ✓ Follow all COVID safety guidelines.

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



CATRISSE HALL
Community Manager

Community Services Foundation is a CORES certified organization.



YOUTH, TEEN, ADULT & SENIOR 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!](#)

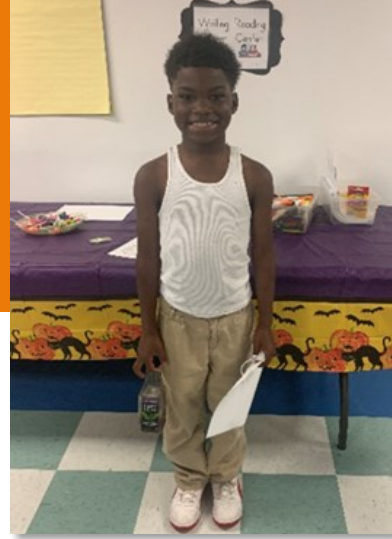
ADULT & SENIOR RESOURCES

- ◆ Rental Assistance Applications
 - ◆ Unemployment Compensation
 - ◆ Weekly Food Distribution
 - ◆ Parenting Support
 - ◆ Wellness Calls
- Call us: 301 - 925 - 4251

Recognizing and Practicing Gratitude

Start to notice and identify the things you are grateful to have in your life. Tune in to the small everyday details of your life and see the good things you might sometimes take for granted.

- ◆ Each day, think of 4 things you are grateful for nature, people, community, and perhaps shelter. You may also reflect on creature comforts like home to go to, friends, and family. And on the days you are feeling down, go back and read your list.
- ◆ Practice good rituals like saying "Please" and "Thank You." Both you and the recipient of these courtesies will benefit. Pause before you eat. Even if you are not religious, recognizing you have a meal is not a benefit we all have whenever we are hungry.
- ◆ Don't let other people's rudeness or negativity upset you. Try to recognize something good in everyone.
- ◆ Express your thankfulness. Your expression will be accepted with appreciation even if the recipient doesn't say it out loud. Genuine gratitude doesn't leave you feeling like you owe other people something - after all, if you have done something, you should not expect the person to feel like you expect something back in return. It is all about feeling good and creating a cycle of good.





Did You Know?

With the weather getting colder, the beginning of cold and flu season, please remember these simple steps to help you stay healthier. And remember you can receive free testing by clicking <https://coronavirus.dc.gov/testing>



Reminder

- ♦ **Parents Meetings** are held on the **Third Wednesday** of each Month. This month we will meet on **November 17th**

Resources

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

<https://www.findhelp.org/>

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



**Office & Community Center Closed
November 11th Veterans Day**

Veterans Day is a day to honor those who served who have the fortune of coming back home. We should be celebrating America's veterans every day of the year. November 11 is a national day to recognize the sacrifices of our nation's heroes.

Here are some patriotic Veterans Day Quotes to help say thank you to our America's military, past and present:

1. Our flag does not fly because the wind moves it... it flies with the last breath of each soldier who died protecting it. ~ Gary Brown
2. Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the exact cause. ~ Abraham Lincoln
3. A true hero isn't measured by the size of his strength but by the strength of his heart. ~ Hercules
4. Home of the free because of the brave. ~ Frances Scott Key

SMILE

What key won't open any door?
A turkey!

Why did the turkey cross the road?
It was the chicken's day off!

Why did the turkey cross the road twice?
To prove he wasn't chicken!

What's the best thing to put into Sweet Potato Pie?
Your teeth.

ENJOY YOUR HOLIDAY!!!!



**DUE TO THE THANKSGIVING HOLIDAY
THE MANAGEMENT OFFICE & COMMUNITY CENTER
WILL BE CLOSED
THURSDAY, NOVEMBER 25
&
FRIDAY, NOVEMBER 26.
PLEASE MAKE SURE
ALL MAINTENANCE REQUESTS
ARE CALLED IN BEFORE
WEDNESDAY, NOVEMBER 24.**



November 2021

Sun Mon Tue Wed Thu Fri Sat

	1 Afterschool Club 3:00 - 6:00 PM	2 Afterschool Club 3:00 - 6:00 PM	3 Afterschool Club 3:00 - 6:00 PM	4 Afterschool Club 3:00 - 6:00 PM	5 Afterschool Club 3:00 - 6:00 PM	6
7	8 Afterschool Club 3:00 - 6:00 PM	9 Afterschool Club 3:00 - 6:00 PM	10 Afterschool Club 3:00 - 6:00 PM	11 Veterans Day Office/Center Closed 	12 Afterschool Club 3:00 - 6:00 PM	13
14	15 Afterschool Club 3:00 - 6:00 PM	16 Afterschool Club 3:00 - 6:00 PM	17 Parents Meeting Afterschool Club 3:00 - 6:00 PM	18 Afterschool Club 3:00 - 6:00 PM	19 Afterschool Club 3:00 - 6:00 PM	20
21	22 Afterschool Club 3:00 - 6:00 PM	23 Afterschool Club 3:00 - 6:00 PM	24 Afterschool Club 3:00 - 6:00 PM	25 Thanksgiving Holiday Office/Center Closed 	26	27
28	29 Afterschool Club 3:00 - 6:00 PM	30 Afterschool Club 3:00 - 6:00 PM				