

RAINIER MANOR COMMUNITY CENTER NEWSLETTER

NOVEMBER 2021
THEME: SHOWING GRATITUDE



EMAIL

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Gloria Matthews

Senior Program
Director

Due to the Coronavirus
Health and Wellness
Caring calls are being
made.

All Residents will be
called

1:30pm—3:30pm

Stop the Spread of the
Coronavirus

The programs are provided in
partnership with Rainier
Redevelopment Associates, LP,
Rainier Manor 2 Associates, LP
and Community Services
Foundation

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 and conversations 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!



Community Services Foundation is a CORES certified organization.



YOUR RAINIER MANOR RESOURCES



If you ever have concerns regarding COVID-19 exposure, please reach out.

Reminder: It is not too late to register:

- to be a volunteer in your community
- for Adult Food Distribution

For more information on these and other Community Services Foundation opportunities, please visit your neighborhood community center, email us or call us at 301 - 925 - 4251.

As always, stay safe and healthy.

Quote of the Month

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings."

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 healthy. And remember, you can receive free testing by clicking:

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



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.**

Activities are for all Seniors in Rainier Manor 1 & 2!

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 November Birthday Celebration Rainier Manor I	3 November Birthday Celebration Rainier Manor II	4 Frozen Food Distribution Rainier Manor I & II 9:30-12PM	5	6
7	8	9 Health and Wellness Calls : Breast Cancer Awareness Rainier Manor I 3-6pm	10 November Birthday Celebration Rainier Manor II	11 Veterans Day Office/Center Closed 	12	13
14	15	16 Health and Wellness Calls: Vaccination for COVID & Flu Shots	17 November Birthday Celebration Rainier Manor II	18 Frozen Food Distribution Rainier Manor I & II 9:30-12PM	19	20
21	22	23 Health and Wellness Calls Rainier Manor I & II	24 Holiday Grab & Go Lunch 3-6pm	25 Thanksgiving Holiday Office/Center Closed 	26	27
28	29	30 Holiday Bingo Rainier Manor I & II Time: 4:00pm				