Hello February!

Although it is the shortest month, it’s packed with special days and significant history celebrations.

We honor the ongoing and historical contributions of Black Americans this month and celebrate the Lunar New Year! We are so fortunate to have such diverse staff and multicultural participants—learning about one another’s cultures and appreciating our differences truly takes our connection to the next level.

This month also includes Valentine’s Day, a day celebrating love, and you know what? I can wholeheartedly say that our team LOVES each and everyone of our participants and their children. We thank you for continuing to take this journey with us and we cannot wait until we can be together in person again.

In this together,

Nathalie
Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19. Vaccines can also help prevent serious illness and death. All steps have been taken to ensure that vaccines are safe and effective for people ages 5 years and older.

The Service Coordination group theme this month is Loved and Vaxxed! We are celebrating our families getting the COVID vaccines. Being healthy is important and making the decision to get the COVID vaccine for adults and children protects our present and future generations.

Benefits of getting the COVID-19 vaccines:

- Getting vaccinated against COVID-19 can lower your risk of getting and spreading the virus that causes COVID-19.
- Vaccines can also help prevent serious illness and death.
- All steps have been taken to ensure that vaccines are safe and effective for people ages 5 years and older.

If you already had COVID-19, you should still get a COVID-19 vaccine for added protection. When you are up to date on COVID-19 vaccination, you can resume many activities with proper precautions (e.g., mask wearing in indoor public spaces).

Happy Birthday to the following participants:

- Soma R. 2/3
- Lourdes A. 2/7
- Glenda H. 2/17
- Sadiya I. 2/23

We have a special birthday this month:

**Douglas** 2/18 (4 years)

Happy Birthday!
By the time you read this note, I would have retired but it is important to me to let you know that I will miss you.

I will always keep the great memories we made together in my heart. I am proud of all your families and the effort you put into making yourselves better everyday.

Keep moving forward!
Please wear a mask and if you are sick, tell Ms. Kathia and we can arrange your delivery or reschedule as needed.

Thank you for allowing me to serve you!

Happy Valentine’s Day!

One of the fastest ways to someone’s heart is through their stomach. Let’s spread the love by sharing pictures of a sweet treat to let us know how you will be spending this Valentine.

Encourage your family, close ones, and friends to get the vaccine and hopefully end this pandemic!

LOVED & VAXXED is our theme. Help us celebrate by taking it a step further by sharing a treat with someone who might not have a Valentine!

For more information on how to obtain a free car seat email me at jhernandez@pgcrc or call me at 301-431-6210 EXT-1100.
PARTICIPANT OF THE MONTH: SUGLY D.

Congratulations to this month's Participant of the Month: Ms. Sugly D.!

Ms. Sugly has been in the program for quite some time. She readily participates in the activities given by the Child Development Team. She cares for her baby and makes his well-being a top priority. She is also very pleasant and receptive to any information given.

Participant Sugly has shown interest in completing all the steps to continue being part of the ESL classes such as: having good communication with our Service Coordinator, Asking questions in order to be able to follow the steps to attend the ESL testing appointments, completing her Covid-19 form online, having good attendance to all sessions and communicating when she is not able to do it.

Congratulations Ms. Sugly!

HELPFUL RESOURCES

SHARE FOOD NETWORK
Get affordable, nutritious groceries! Select language to choose your preferred one.
HTTPS://WWW.CATHOLICCHARITIESDC.ORG/SHARE/

MAKE SURE YOU INSTALL YOUR CHILD’S CAR SEAT CORRECTLY! WATCH THIS VIDEO FOR INSTRUCTIONS. THE FIRST LINK IS IN SPANISH. THE SECOND VIDEO IS IN ENGLISH.

Video #1: Vea el video “Pasos sencillos para la seguridad de los niños pasajeros
https://youtu.be/9dWOFpxoaUo
Video #2: Watch the video “Simple Steps For Child Passenger Safety”
https://youtu.be/tSbo_W00tvS
DR. SUSANNA MCPHILOMY

Our New Adult Education Instructor!

We are so excited to welcome the newest member of our team. Susie (as she prefers to be called), comes to us from Prince George's Community College. She has over 45 years of teaching experience and is a passionate lifelong educator who is ready to lead our participants on their English learning journey.

Welcome Susie!

HELPFUL RESOURCES

HOW DO YOU OBTAIN A VIRTUAL LIBRARY CARD?
HTTPS://WWW.PGCMLS.INFO/CONTACT-US

GET YOUR COVID VACCINE AT THE LIBRARY:
HTTPS://PGCMLS.INFO/EVENT/5858673

LOOK UP FINANCIAL ASSISTANCE, FOOD PANTRIES, MEDICAL CARE, AND OTHER FREE OR REDUCED-COST HELP HERE:
HTTPS://WWW.FINDHELP.ORG/SEARCH_RESULTS/20783?WIDGET=JHHEALTH&REF=HTTPS://WWW.PPMCO.ORG/
LOVED & VAXXED

Sharing Our Love at the FSC
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>2 Feb</td>
<td>Employment Readiness, 10-11 AM</td>
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<td>3 Feb</td>
<td>Parent Advisory Group, 10-11 AM</td>
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<tr>
<td>21 Feb</td>
<td>President’s Day, Center is Closed</td>
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<td>11 Feb</td>
<td>Oral Hygiene Session (Bilingual), 10-11 AM</td>
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<tr>
<td>18 Feb</td>
<td>Tenant Rights (Bilingual), 10-11 AM</td>
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