

**COMMUNITY ENGAGEMENT,
EDUCATION AND EMPOWERMENT**



Council Member **Carletta Lundy**
April 2019 Report



IT'S NOT NEW, BUT DO YOU KNOW?

The Centers for Disease Control and Prevention and Kaiser Permanente conducted a longitudinal study comprising 17,377 middle-class adults with an average age of 57 years. The study examined the impact of Adverse Childhood Experiences (ACEs) on physical health and social functioning. They also examined the relationship between ACEs and adult health-risk-taking behaviors. The study revealed that high ACE scores in the first eighteen years of life are linked to poor outcomes in physical and mental health and social functioning. People with high ACE scores were significantly more likely to, as adults, engage in behaviors that placed their health at risk. The study found that an ACE score of six or more decreased one's life expectancy by approximately twenty years compared to those participants with an ACE score of 0. It was also found that an ACE score of 7 or more increased suicide attempts by 3,100% compared to participants with an ACE score of 0.

ACEs >>> FACT not FATE *"Like a house's foundation, brain architecture is built over time and from the bottom up. Positive experiences in infancy and early childhood can build a strong and solid foundation. Negative experiences weaken the foundation which can lead to life-long problems."*

Exposure to ACEs does not guarantee that negative outcomes will follow. Some people with adverse childhood experiences do not have negative health and social outcomes. Likewise, not everyone with negative health outcomes was exposed to ACEs. **ACEs should be viewed from a population health perspective.** Science has demonstrated the relationship between ACEs and adverse outcomes — along with the benefits of preventing and mitigating ACEs. Individual differences in environment, genetics, and other experiences also affect outcomes. Further research can help inform policies, resources, and programs that can effectively prevent and mitigate the effects of ACEs. **The Economic Cost of ACEs:** Medical Costs, Student and Worker Absenteeism arise from issues attributed to Adverse Childhood Experiences. Moreover, adverse childhood experiences (ACEs) can increase a person's risk of health, social, and economic problems throughout life.

Resource: *Adverse Childhood Experiences Trauma and adult health consequences.*
Posted Jan 16, 2019

PATHWAYS TO RESILIENCE

Resilience is the ability to bounce back from setbacks in our lives. It is the way we can prevent stress from causing serious physical, mental and emotional issues. Practicing positive and often simple activities can actually retrain our brain to be more resilient!

FOR CHILDREN	FOR EVERYONE	FOR ADULTS
 Positive Role Models	 Supportive Relationships	 Acknowledge Trauma
 Supportive Adults	 Healthy Food	 Seek Support
 Parental Involvement	 Exercise	 Identify Emotional Triggers
 Caring Community	 Smile	 Mental Health and Substance Abuse Treatment
 Increased Parent-Infant Contact	 Talk About Feelings	 Create Safe and Stable Nurturing Relationships
 Increased Knowledge of Child Development	 Music	
	 Art	
	 Walk in the Woods	
	 Gratitude	
	 Positive Thoughts	
	 Laugh	
	 Hope	
	 Volunteer	

Over several months, I have been reading the research, and educating myself about ACEs and how trauma does play a significant role in children and adult lives. In 2018, Maryland became the 8th State in the County to pass ACE-Informed Legislation. Moreover, according to Maryland Essentials for Childhood, “Study findings reveal this is the largest public health discovery of our time.”

Personally, I believe that strong communities raise even stronger families.

Understanding ACEs research can aid us in facilitating social transformation. This information changed how I see myself, and others. I am convinced it can help each of us.

If you’re interested in learning more about ACEs, and the research conducted throughout the nation, the impact to children & families, and how you can join the discussion about how to create Community Resilience and Prevent ACEs, please contact me at (240) 603-4193 or email me at clundy@bladensburgmd.gov to share your interest.

Council Member’s Meetings and Community Involvement

Week of April 1st thru April 6th

- Attended the Parkview and Emerson House (Ward II) Tenant Council Meeting
- On April 5th, attended the PGCMA meeting; an incredible Wine & Cheese Event hosted by Seat Pleasant, “A Smart City of Excellence”. The meeting focused on supporting small and minority businesses in Prince George’s County. Upon my arrival, remarks were given by Calvin Hawkins, Prince George’s County Councilmember At-Large and Rodney Streeter, Prince George’s County Councilmember District 7 and Mel Franklin, Prince George’s County Councilmember At-Large. Minority Business owners who were present were recognized and gave brief remarks to those present.



Week of April 8th thru April 13th

- On April 8th, presented Councilmember Dorsey with a gift from the Women's History Month (March 2019) Lunch and presented 2 books: The Congressional Directory, 116 Congress, 1st Session, 2019 to residents who attend the Mayor and Council Town Hall Meeting.

Budget Work Sessions:

- On April 8th attended - FY 2020 Draft Budget Introduction Session
- On April 11th attended – FY 2020 Budget Work Session #1

- On April 13th, collaborative with Town staff and community volunteers to host a Town of Bladensburg Earth Day clean-up. We had five student volunteers and their soccer coach, Ms. Ellen from International High School @ Langley Park. Mayor James and her family were on hand to help with the clean-up. I want to extend a special thank you to Jonathan, a town resident, and Town staff to include, Mr. Purnell Hall, Public Works Foreman, Mr. Gambino, Public Works Crew Member, Mrs. Diane Griffin, Town Receptionist, and Ms. Diamond McDowell, Marketing/Social Media Specialist. A special thanks to Mr. Joe Harris, a front office volunteer who graciously volunteers 25 hours a week to help the Town's front office operations.

Week of April 15th thru April 20th

- On April 16th, I attended the GEMS meeting held at the Bladensburg Community Center. Seniors from Parkview, Emerson (Ward II) and Newton Green (Ward 1) were invited. It was well attended and the group plans on hosting a tour of the Bladensburg historical district, tentatively set for some time in May.
- Volunteered at the Food Bank at the Bladensburg Community Center. The free food distribution is held (rain or shine) every third Thursday of the month. The distribution of food starts between 11:30 a.m. and 12 noon. You are encouraged to arrive early.
- On April 20th I had the opportunity to say hello to those who attended the Eggstravaganza event held at Harrington Park. It was well attended. The event was hosted by the C.O.P.S. Unit



Week of April 22nd thru 27th

- On April 22nd, I attended the Easter Egg Hunt at Emerson House. All the children had fun finding plastic eggs and a finding a wonderful surprise of money in some of the eggs. All who attended were given a gift bag of sweet treats.

Budget Work Sessions:

-On April 23rd, I attended FY 2020 Budget Work Session #2

-On April 27th, I attended and greeted residents at the Bladensburg Community Center for the Town's FY20 Budget Pop Up meeting. Residents were provided with a copy of the Town's FY 2020 draft budget. The Town Administrator and Town Treasurer were on hand to greet and answer questions.



Port Towns Quarterly Meeting:

May 29th – 2nd Quarter Port Towns meeting – the Town of Edmondson Mayor and Council will host this meeting.

Congratulations! International High School @ Langley Park:

On April 30th I was delighted to be a guest speaker at the International High School at Langley Parks first induction ceremony into the National Honors Society. I am so proud of the great work of all the students.

On April 9th I supported the nomination of Ms. Keisha Thorpe, for the LifeChanger of the Year Award (201802019). Ms. Thorpe is an English Teacher at the International High School at Langley Park, Bladensburg Maryland.

*“An ounce of prevention is worth a pound of cure”
~Benjamin Franklin*

Together, we can help create brighter childhoods and healthier families
Thank you
Council Member Carletta Lundy, Ward II