

**COMMUNITY ENGAGEMENT,
EDUCATION AND EMPOWERMENT**



Council Member Carletta Lundy

May 2019 Report

Greetings!

May is Mental Health Month!

Monthly Mental Health Note: “Respond, Don’t React!”

What helps you persevere is your resilience and commitment.

Mental Health determines how you manage stress, relate to others and make decisions.

Understanding Adverse Childhood Experiences (ACEs) research can aid us in facilitating social transformation.

In life, we each experience conflict with people, places and things. Enhancing mental toughness is what we all must learn to do. It takes time, attention and practice to build resilience, but the long term positive outcomes to our children, families and communities are well worth the effort.

“Life is full of ups and downs, but people have an uncanny ability to get up, dust themselves off and keep going. It’s this ability to continue in the face of adversity that is such an important trait in people of all ages.”

BUILDING PATHWAYS TO RESILIENCE IN PEOPLE OF ALL AGES!



Resilience is the ability to bounce back from setbacks, challenges, and trauma in our lives. Moreover, it is the way we can prevent stress from causing serious physical, mental and emotional issues. Therefore, practicing positive and often simple activities can actually retrain our brain to be more resilient. Remember, strong communities raise even stronger families, today and for generations to come.

Council Member's Meetings and Community Involvement:

Week of May 6th thru May 11th

- On May 1st, Attended the FY 2019 Budget Community Meeting #2 at Town Hall

Week of May 13th thru May 17th

- On May 13th, Attended Mayor and Council Work Session and Meeting

Week of May 19th thru May 24th



Photos from End Time Harvest Ministries 2019 Graduation

End Time Harvest Ministries 2019 Graduation Scholarship Banquet

- On May 22nd, Attended End Time Harvest Ministries 2019 Graduation Scholarship Banquet presented by the 2019 Port Towns Youth Council & Pathways to Career Success Program. It was an honor to present certificates of achievement, along with Chief Tracy Stone to the scholars. I am so proud of all the graduates. The Keynote address, Words of Encouragement, were given by Aisha Braveboy, Prince George's County State's Attorney. Congressional, Maryland State, Prince George's County and Municipal Elected Officials were all in attendance along with business, community partners, family and friends. Overall a great celebration! Thank you Reverend Gail A. Addison, President & Founder, End Time Harvest Ministries: "These students dared to dream big, and these outstanding scholars have proven that they are indeed ready for career success."

Prince George's County Municipal Association (PGCMA) Meeting

- On May 23rd, Attended the monthly Prince George's County Municipal Association meeting. The meeting was hosted by the Mayor and Council from District Heights.

Agenda Items/Highlights:

- (1) Adoption of 2019-2020 Budget; (2) Adoption of 2019-2020 Board Nominations. Committee Reports: (2) Adoption of Board Composition Change in By laws: Making Legislative Chair a Board position and requiring the President to select an At-Large Board Member to serve as Legislative Chair; (2) Adoption of Audit Language Change in Bylaws: Change "Audit" to "Certified Financial Review" per the recommendation of the review firm. Congratulations to

Tracy Gant, Port Towns - Mayor of Edmonston, PGCMA Vice President (VP) is now the new PGCMA President. Note: The VP is automatically elevated to President with a single vote.

Career Day at Rogers Heights Elementary School

- On May 24th, Attended Rogers Heights Career Day. It was great sharing with the young students about serving as an Elected Officials, and talking about character and integrity. Moreover, it was awesome hearing about what these boys and girls dream of becoming when they grow up. Thank you Dr. Barbara Bottoms, Principal, Rogers Heights Elementary School for the invitation.

Week of May 27th thru May 31st

Emerson House Luncheon

- On May 25th, Attended a Memorial Day luncheon at Emerson House. Residents who are veterans were honored at the luncheon. Police Officers along with Captain Collington, Deputy Police Chief, with the Bladensburg Police, were grilling and serving at the luncheon. The residents were overjoyed. Residents took pictures, enjoyed great music, and had conversations with one another.

Memorial Day Ceremony

“Remember our fallen heroes. They are the reason that we are free.”

- On May 27th, Attended the Memorial Day Ceremony, Peace Cross Memorial, Sponsored by American Legion Colmar Manor Post 131 & Town of Bladensburg Patriotic Committee. It was an honor to lay a ceremonial wreath along with Councilmember Mendoza in honor of our American Veterans. A special thank you to the Bladensburg Police Department and Bladensburg Department of Public Works and the Bladensburg R.O.T.C. for the Presentation of Colors.

“First Ever” Commencement Exercise – International High School at Langley Park (IHSLP)



- On May 28th, Attended the “first ever” Commencement Exercise of the International High School at Langley Park. The graduation was held at Northwestern High School. Congratulations to the Principal Carlos Beato, and everyone at IHSLP, as well as family and friends!

Port Towns Quarterly Meeting

- On May 29th, Attended the Port Towns Quarterly Meeting. The meeting was hosted by the Town of Edmonston.

Agenda Items/Highlights: Debi Sandlin, and Rod Barnes shared updates from the Maryland Sustainable Community Working Group; Mayor James shared information about the upcoming July 6th Fireworks at the Bladensburg Waterfront; Port Towns Day will be held on Saturday, September 21st, 12 noon to 6:00 p.m. and rain date is Oct., 5th. The theme is “Collaboration at its Finest” focusing on: Health & Wellness, Home Ownership and Sustainability. There was an in depth and excellent River Update given by Marian Dombrowski, Anacostia Watershed Community Advisory Committee along with two gentlemen from the DC Department of Energy and Environment. Ms. Dombrowski announced that National Row date was to be held on Saturday, June 1st at the Bladensburg Waterfront. There was some exciting conversation and dialogue about the hope of being able to fish again in the river, the river being swimmable again in years to come. Andrew Fellows, Community Outreach and Engagement Manager, University of Maryland, School of Architecture, Planning and Preservation are seeking to collaborate with Port Towns Municipalities in understanding, develop and create smart and connected communities. There are already seven other Municipalities that are a part of the collaboration. Also, congratulations are in order to Port Towns, Colmar Manor & Cottage City on their 2019 Maryland Municipal League Achievement Award; and Congratulations to Tracy Gant, Mayor of Edmonston on the Maryland Municipal Lifetime Achievement Award. The meeting adjourned with reports from the Towns.