



Week of October 23, 2023

The University of Maryland, Baltimore (UMB)
Community Engagement Center (CEC)
offers a wide variety of weekly programming!
To view and register for all our opportunities, including our weekly
art and fitness classes, please click [here](#).

Announcements

Hello, wonderful CEC neighbors! I, your trusty newsletter editor Liv, will be moving on from my role as the CEC Program Coordinator at the end of this week. I have had such a wonderful time with all of you and can't wait to spend my last week getting **SPOOKY** and running some incredible programming here at the CEC.

Please know that if you have ever come to one of my programs, you are forever ingrained on my heart. I love community work because I love our community, and there would be no community here without all of you. I will miss you all dearly!



This Week at the CEC

Tricks n' Treats Family Cooking Class

Monday, October 23
5:30-7 p.m.

Sip on some worm juice, conjure up some edible witch's brooms, and dig up some delicious graveyard dirt in this special **spooky cooking class** for the whole family!

This class is ideal for ages 5+. Youth must be accompanied by an adult at all times.

For questions, please email Liv Alanis Myers or call 410-706-5620.

Register [here](#).



Autumn Wreath Making

Tuesday, October 24
11:30a.m.-12:30 p.m.

Make your own beautiful autumn wreath! These easy **DIY wreaths** will last year-round and help you fill your home with fall color.

Adults only.

For questions, please email Liv Alanis Myers or call 410-706-5620.

Register [here](#).



Horror Noire: A History of Black Horror

Thursday, October 26
6-8 p.m.

Join the CEC for a special free screening of the original Shudder documentary, "**Horror Noire: A History of Black Horror**". Delving into a century of genre films that by turns utilized, caricatured, exploited, sidelined, and finally embraced them, Horror Noire traces the untold history of Black Americans in Hollywood through their connection to the horror genre.



Recommended for participants 16+.

For questions, please email Liv Alanis Myers or call 410-706-5620.

Register [here](#).

Trick or Treat with UMB!

Friday, October 27
4-6:30 p.m.

Come party with the CEC as we end our Spookapalooza with a classic Halloween activity: **trick or treating!** Put on your best costumes and enjoy tricking your way through over 20 booths of delicious treats. Then join us for games, crafts, a Halloween raffle, and more!

This event will be held outside the CEC at the corner of W. Baltimore & Poppleton St.

All ages are welcome!

For questions, please email Liv Alanis Myers or call 410-706-5620.

More information [here](#).



Now Registering

UMB Police Athletic/Activities League

Begins October 16

The **UMB Police Athletic/Activities League (PAL) Program** provides free mentoring and enrichment through activities, games and field trips for youth in grades 3 through 8.

PAL field trips and activities will be held monthly on select school holidays, early release days, or weekend days. Get lost in a corn maze, fly through the sky in a ropes course, meet rescued horses, let your creativity flow through art, build teamwork through sports, and much more!

Complete the interest form [here](#) to start registration!



Opportunities

CEC Renovation Survey

The UMB Community Engagement Center (CEC) is going to be **renovated this fall** to better reflect the values and spirit of our West Baltimore communities. Murals, photos, and other types of art will all be incorporated into the building's interior. We will work with designers to create the final products, and then we'll host an event to unveil the newly renovated areas.

Please help us understand the types of images and words that best reflect you as a member of our community by taking our short [survey](#).

For questions, please email [Bill Joyner](#) or call 410-706-7823.



Job Opportunity at the CEC

The University of Maryland, Baltimore (UMB), Community Engagement Center (CEC) is seeking a **Registered Nurse (RN)** to engage neighbors in wellness activities and health promotion. This position is up to 40 hours per week and the schedule can be flexible; occasional evening and weekend events may occur.

Learn more and apply [here](#).



Every Week

Free Blood Pressure Checks at the CEC

Every Wednesday
10:30-11:30a.m.

In partnership with the West Baltimore RICH Collaborative, the CEC Health Suite will now be offering **FREE drop in blood pressure checks**. Each week the first five people that arrive can get a free blood pressure machine and follow-up phone calls to check your blood pressure. The team can show you how to take your blood pressure at home and answer your blood pressure questions.

No appointment necessary.

For questions, please contact [Kelly Doran](#) or call 410-706-5628.



Community Composting Pilot

Every Wednesday 2:30-5:30 p.m.

The University of Maryland Baltimore is starting a **community compost drop-off pilot** this month!

What to collect:

- Fruit and vegetable scraps (cores, rinds, pits)
- Tea leaves and coffee grinds
- Egg shells
- Grass clippings, weeds, flowers/herbs



When and where:

- **UMB Community Engagement Center** (16 S. Poppleton St.)
Wednesdays from 2:30-5:30p.m.

- **SMC Campus Center** (621 W. Lombard St.)
Thursdays from 11a.m.-2p.m.

Learn more about the composting pilot and other UMB Office of Sustainability initiatives [here](#).

Free Fitness Classes



Yoga: Mondays 6-7 p.m.

Join us for a soothing session. Have your mat, towel, and water ready.

Community Walk: Tuesdays 12:15-1 p.m.

Join our friends from St. Peter's Adult Learning Center for a 45-minute loop

Senior Dance: Thursdays 10-11 a.m.

Get your groove on in this low-impact session for many levels of mobility. Crafted for seniors, but all adults are welcome.

Zumba: Thursdays 6-7 p.m.

Join this supportive dance class that cheers one another on while moving at your own pace.

around the neighborhood. Wear comfortable shoes; rain or shine.

Line Dancing: Tuesdays 6-7 p.m.
Learn high energy dance like the Wobble and the Cupid Shuffle while breaking a sweat in this exciting class.

A select number of drop-ins will be admitted, but registration is preferred. Register [here](#).

Free Weekly Art Classes



Free Weekly Art Classes

UMB's CEC is partnering with **Art With a Heart** to provide free weekly art classes. Each week, participants will be guided through a new visual art project while exploring a variety of artists and techniques.

Class Times:

Adults (18+) Chat 'n Paint: First Mondays **6-7:30 p.m.**

Adults (18+): Wednesdays **5:30-7 p.m.**

Seniors (55+): Fridays **Noon-1:30 p.m.**

Families: 2nd Mondays **6-7 p.m.**

All levels welcome!

For questions, please email [Liv Alanis Myers](#) or call 410-706-5620.

A select number of drop-ins will be admitted, but registration is preferred. Register [here](#).

Financial Empowerment at the Community Engagement Center

The CASH Campaign is offering the following free services at UMB's CEC:

- **Free Benefits Screening**
 - Fast, accurate, and confidential screening for 22 benefit programs
 - Benefits include help with food, phones, medication, energy assistance, and more
- **Free Financial Coaching**
 - Ongoing support by phone or video
 - Achieve short-term goals – budgeting, building credit, and paying off debt
- **Free Financial Planning**
 - One private session with a Certified Financial Planner®
 - Achieve long-term goals – retirement, college savings, and homeownership



Appointments only:

- Make an appointment [here](#) or call 410-541-5086

Community Computer Lab Open Daily



Free Community Computer Lab

16 S. Poppleton St. Baltimore, MD 21201

- **Lab Hours:** Monday through Friday, 9 a.m. to 5 p.m. Please call ahead to ensure availability
- **Printing:** Maximum of 25 black and white copies can be made during each visit
- **Open to All:** Youth (17 and younger) must be accompanied by an adult.
- **Contact:** Call 410-706-8260 or [email](#) for more information

Workforce Wednesdays:
Employment Help, Walk-Ins Welcome!

Looking for a job?

"Incredible! I've been trying to find a job for a year, but working with UMB's Workforce Wednesdays I got connected to the right people. I had a mock interview within 3 weeks and now I've scored a great offer."

— SATISFIED "CUSTOMER"



WORKFORCE INITIATIVES

In-Person Sessions: Wednesdays 2-5 p.m.

Virtual Sessions: use appointment link [here](#)

UMB's CEC

16 S. Poppleton St.

- Create a resume or update your old one
- Learn about jobs at UMB, University of Maryland Medical Center, and more
- Sign up for FREE GED classes and career training in the neighborhood

JustAdvice



The JustAdvice® Project

Every Tuesday at your Community Engagement Center for a limited time.

Have a legal problem? If so, sit down with a lawyer from **The JustAdvice® Project** to discuss your legal questions and receive brief advice, free of charge.

Advice sessions will be held every Tuesday, **3:15 to 5:15 p.m** from

- **September 5, 2023 to November 21, 2023**
- **January 9, 2024 to March 19, 2024**
- **March 26, 2024 to April 5, 2024**

September 5th and January 9th, the clinic will be open from 3:15 to 4:15 p.m.

To make an appointment, call 410-929-4809 or [email](#). We highly encourage appointments; however, walk-ins are also welcome (walk-ins must arrive by 4:15 p.m. to be seen).

To ensure confidentiality, please wait to discuss your legal issue with a JustAdvice® Project Attorney, do not include information with your appointment. Be sure to bring any relevant documents to the session.

211 Maryland United Way Helpline



If you live in one of these neighborhoods and would like to be contacted by a **211 Community Resource Specialist** located in UMB's CEC, follow the directions below:

- Barre Circle
- Franklin Square
- Hollins Roundhouse
- Mount Clare
- Pigtown
- Poppleton
- Union Square

DIAL 211

Please listen for the prompt "If you live in Southwest Baltimore ..."

OR VISIT uwcm.org/CEC211

For Your Health

Visit the CEC Health Suite on Wednesdays for Health Care Support



Community Engagement Center Health Suite

The CEC Health Suite supports neighbors with health and social needs.

INTERVENTIONS INCLUDE:

- Conducting health assessments and screenings to link neighbors to providers.
- Assisting neighbors with health care navigation and coordination.
- Increasing neighbors' knowledge of health conditions.
- Working with neighbors to create plans to manage their health.
- Providing health education and coaching.
- Connecting neighbors to resources that can assist with health and social needs.
- Reducing barriers to healthy living.
- Free blood pressure checks (Wednesday from 10:30-11:30a.m. ONLY)

WE ARE OPEN ON WEDNESDAYS

There are three ways to connect with us:

1. Click [here](#) to schedule your appointment with the CEC Health Suite. Appointments can be made between **10 a.m.-2 p.m.**
2. You can stop in during walk-in hours on Wednesdays from **2-3 p.m.**
3. Call us at 410-706-1971.

Community Asthma Program

Mondays through Fridays
8:30 a.m.-4:30 p.m.

The **Community Asthma Program** provides education, supplies to decrease asthma triggers, and case management. Home visits (virtual and in-person) are available for children with asthma.



For questions or referrals, please call 410-396-3848 or email asthma@baltimorecity.gov.

Interested in Getting a COVID-19 Vaccine?



END COVID-19

Everyone's Health Depends On It.

[GetTheVaccineBaltimore.org](https://www.getthevaccinebaltimore.org)

For Baltimore City residents who qualify and who still need their second COVID-19 vaccine appointment, please visit: [getthevaccinebaltimore.org](https://www.getthevaccinebaltimore.org).

A list of other vaccination sites and resources are available as well.

