



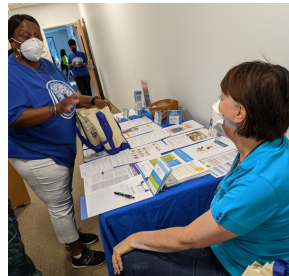
CONNECTIONS

The official newsletter of the
CHOSEN Community Development Corporation
 Harford and Cecil Counties of Maryland

The CHOSEN CDC 6th Annual Youth and Family Conference was held on July 16, 2022. This year's theme *Be Kind to Your Mind*, focused on mental health and wellness information provided by professionals from the region. In addition to the presentations, the attendees participated in smaller, interactive groups and visited with the various vendors. CHOSEN CDC is grateful to the presenters and panelists for their time to address this important topic:



- Dr. Phillip Halstead, MD
- Dr. Annjanette Ellison
- Dr. Iquo Cooper, CRNP, FNP-BC, PMHNP-BC
- Katrina Stephenson, RN
- Anthony Kenion
- Laura Dahl, LPCN
- Deborah Parker
- Dr. Rodney Chapman
- Tyrone Hansboro
- Robin Williams, DN
- Dr. Ri-Chard McCarthy
- Sheila Chapman



**DID YOU KNOW THAT YOUR
 PHYSICAL HEALTH HAS
 AN IMPACT ON YOUR
 MENTAL HEALTH?**



Monthly Food Distribution New Summer Dates

August 13

September 10

Start Times: 12:00 Aberdeen

12:30pm Elkton

**CHOSEN CDC'S
 2ND ANNUAL
 GOLF TOURNAMENT
 WILL BE HELD ON
 AUGUST 29.
 SEE PAGE 4 FOR MORE
 INFORMATION.**

THE CHOSEN COMMUNITY
DEVELOPMENT CORPORATION
FOUNDED MAY 2020

MISSION STATEMENT

THE CHOSEN CDC WILL ENHANCE THE LIVES OF FAMILIES AND INDIVIDUALS, CHILDREN AND ADULTS, THROUGH DIRECT ENGAGEMENT, EDUCATIONAL TRAINING, EMPOWERMENT SERVICES, AND ENRICHMENT PROGRAMS THAT WILL ENCOURAGE THE DEVELOPMENT OF SELF-SUSTAINING LIVES FOR TODAY AND TOMORROW.

VISION STATEMENT

TO INSPIRE AND MOTIVATE SELF-SUFFICIENCY WITHIN FAMILIES AND INDIVIDUALS FOR GENERATIONS TO COME THROUGH EDUCATION, SERVICES AND PROGRAMS

BOARD OF DIRECTORS

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Stay In Touch

Website www.chosencdc.org

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Email chosencdcinfo@chosencdc.org



The Violet Ripken Memorial and CHOSEN CDC Community Garden

In 2021, the CHOSEN CDC established a community garden in cooperation with the Boys and Girls Clubs of Harford and Cecil Counties. The garden, which is located at the club in Aberdeen carries two titles. The first is the Violet Ripken Memorial Garden in honor of her contributions to the Boys and Girls Clubs. The second title is the CHOSEN CDC Community Garden to indicate that the garden is a local resource to grow and share fresh produce.

The memorial gardens have flowering trees and plants for visual enjoyment. The community garden has thirty-seven raised beds that are used by individuals, families, and groups to raise various produce to include vegetables, fruit such as melons, and flowers to support pollination.

Mr. Lonnie Vick, Project Leader, collaborated with a team in 2021 to design and build the garden. This year, Mr. Vick and the CHOSEN CDC Garden Team are providing garden education to the Boys & Girls Club campers and providing consulting services to other organizations that are starting gardens. Two garden projects CHOSEN CDC supported this year includes Bakerfield Elementary in Aberdeen and The Crown of Life Worship Center in Edgewood.

Along with the Boys and Girls Clubs, the garden received start up support from Mt. Zion Baptist Church (Aberdeen), Freedom Federal Credit Union, Smith Forest Products and Cousins Landscaping to break ground on this thriving project.

The garden is having a positive impact on people of all ages.

Turn to the Community Connections at Work on page 3 for pictures of the gardeners at work along with our visitors.

CHOSEN CDC is appreciative of the Garden Team volunteers who help to maintain the grounds, share their knowledge and contribute to a unified purpose.



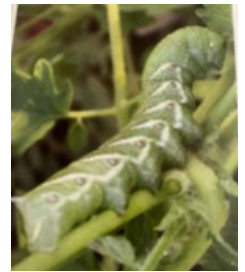
Lonnie Vick
Project Leader,
CHOSEN CDC Community
Garden

COMMUNITY CONNECTIONS AT WORK

THE COMMUNITY GARDEN UP CLOSE



Gardeners work on their beds throughout each week. Visitors are welcome to come to the garden. It is a great place to learn and to grow new friendships.



HIGHLIGHTS

CHOSEN COMMUNITY DEVELOPMENT CORPORATION

2022 LEADERSHIP ACADEMY SUMMER CAMP



Explore the world of future careers and mentors.

August 3-5th -10 AM to 2 PM
Swan Harbor Farms
401 Oakington Road
Havre de Grace, MD 21078

Drone Flying
STEM Plus Activities
3d Coding
Cyber-Talks

Fun for all!

Register
online @

[www.chosencdc.org/
events](http://www.chosencdc.org/events)

REGISTER HERE

WWW.CHOSENCDC.ORG/EVENTS



THIS YEAR'S ACADEMY WILL FEATURE A VISIT TO THE MARYLAND SCIENCE CENTER SPONSORED BY CONSTELLATION'S SACKS FOR SCIENCE

HIGHLIGHTS

CHOSEN COMMUNITY DEVELOPMENT CORPORATION

GOLF

2ND ANNUAL TOURNAMENT

2022



**REGISTER BY
AUG 15
FOR DISCOUNTS
INDIVIDUALS
& TEAMS**

WINTERS RUN GOLF CLUB

1000 N TOLLGATE ROAD, BEL AIR MD

AT
8AM

29th AUGUST 2022
MONDAY

TICKET
\$150

Register by clicking the link or visit chosencdc.org/events
<https://charitygolftoday.com/event?e=2587&ce=414b11>

**All proceeds will benefit CHOSEN CDC programs.
Contact Myrick.Johnson@chosencdc.org**



4 Ways to Stay Financially Fit This Summer

Ahh... summer! The season of flip-flops and sunscreen, of lemonade and baseball. What's not to love? Unfortunately, summer can also be the season of overspending for some of us. When the sun is blazing across a cloudless sky and the day stretches on with endless possibilities, purse strings are looser, and cards are swiped with abandon. But nothing kills summer fun like a busted budget and a mountain of debt. So how can you stay financially fit this summer?

1. **Prepare for a possible change in income** - If you're a freelancer, business owner or get paid per diem, expect to see a drop in income during the summer. Business is notoriously slower across many industries at this time, so it's best to be prepared for this reality. To avoid dipping into savings or going into debt, trim your discretionary spending and use the extra funds to cover non-discretionary expenses. You can also choose to find a side hustle for the summer to cover the gap in your income.
2. **Get your budget summer-ready** - Your budget will see some changes in the summertime, and it's wise to prepare it in advance instead of being caught unaware. Here are some changes you might expect:
 - Higher utility bills
 - Increase in fuel prices
 - Travel expenses
 - Increased activities for kids
3. **Create a vacation budget** - Build a workable budget for your summer getaway to avoid overspending. Attach a dollar amount for your hotel stay, car rental, food costs, transportation, entertainment and outings as well as any other costs you expect to encounter during vacation.
4. **Review and adjust as necessary** - Blowing a budget is never an excuse to go all out and overspend without considering the consequences. To avoid falling into this trap, review your budget and your overall spending on a regular basis throughout the summer. Being aware of the state of your finances will make it easier to make responsible choices going forward.

Follow these tips to keep your finances intact throughout the summer.

Questions? Want more information on Freedom? Contact your personal Freedom Federal Credit Union representative, Lisa Snodgrass at lsnodgrass@freedomfcu.org or call 410-612-2123!

About Freedom Federal Credit Union

Freedom Federal Credit Union is proud to be your financial partner. Freedom serves and is open to anyone who lives, works, worships, attends school, volunteers, or has family in Harford or Baltimore County, MD. As a credit union, we are committed to putting you first, not shareholders, and helping you achieve your financial goals.

Learn more at freedomfcu.org or call 410-612-2123 to see how we can help.

Community Info



SAVE THE DATE!

U.S. ARMY ABERDEEN PROVING GROUND

HIRING DAYS

AUGUST 1-26, 2022

This event will take place virtually.
More information coming soon!



FOLLOW FACEBOOK FOR UPDATES

[HTTPS://WWW.FACEBOOK.COM/EVENTS/1080365649579351](https://www.facebook.com/events/1080365649579351)

CALENDAR HIGHLIGHTS



CHOSEN CDC Food Giveaway

CHOSEN CDC Food Giveaway



Mt. Zion Baptist Church
200 Old Post Road, Aberdeen, MD
Saturday, August 13, 2022
12:00pm until finished



Windsor Village Community Center
300 Friendship Rd., Elkton, MD.
Saturday, August 13, 2022
12:30pm until finished

**MARK YOUR CALENDAR: UPCOMING SUMMERTIME FOOD GIVEAWAYS
WILL BE ON AUGUST 13 AND SEPTEMBER 10**

*We Need
you!*

If you are interested in
volunteering with
CHOSEN CDC,
please contact us at
chosencdcinfo@chosencdc.org

SEE WHAT'S ON CHOSEN'S CALENDAR

**AUGUST
3-5 - LEADERSHIP
ACADEMY**

**29 - GOLF TOURNAMENT &
FUNDRAISER**