



*Colonial Charles Community*  
*3235 Shadow Park Lane*  
*Waldorf MD 20603*  
*colonialcharles.org*  
*301-638-2190*



**April 1, 2025**

## NEWSLETTER

### ***Message from the President -***

I've received calls from homeowners asking how the ruthless rash of layoffs, agency terminations and other cuts to the Federal government will affect our community. I was quick to reassure the callers but after giving it further thought, I realized it will since the majority our neighbors are either military, Federal government or state retirees who receive Medicaid benefits.

Almost a third of state budgets are supported by the federal government, and over half of that funding is for Medicaid. One in 5 Americans are covered by Medicaid; more than 40% of American births are covered by Medicaid. Cutting the federal budget — and Medicaid in the process — will deprive senior citizens, people with disabilities and working people of vital health care services. The Congressional Budget Office has confirmed there is no way for Congress to cut \$2 trillion without cutting Medicaid.

Seniors and retirees will be hit especially hard by these cuts. It's not just about providing lifesaving care for seniors and retirees. Medicaid is also essential to keeping millions of seniors out of poverty. Seven million people 65 years of age or older are on Medicaid.

Less money for states will mean our communities will suffer. Everyone will feel these cuts. Infrastructure projects will come to a halt, hospitals and health clinics in the area may close. We will all feel the pain due to these budget cuts.

Trimming of government services to exclude waste is understandable. This is not. It only shows the Administration's inconsiderate and disregard for citizens who aren't billionaires. My suggestion is to call and write our representatives, no matter the Party — Democrat, Republican or Independent — to remind them of their duties to represent and protect constituents.

<https://www.nbcnews.com/politics/doge/doge-plans-cut-va-contracts-may-harm-veterans-care-employees-say-rcna191448>





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### **Approved Motions — March 2025**

- (1) Purchase, Morgan Stanley Pvt Bank CD @4.25%, maturing 3/5/2030, \$80k
- (2) Fidelity, Pentair Pool Heater (Spa), \$2,278
- (3) Tinted Windows, Clubhouse Seating Area, \$1,020
- (4) Bingo game cards, raffle tickets, etc., \$350
- (5) Fidelity, Raypak Pool Heater repair, \$1,248
- (6) Cintas, Restroom Mat Rentals, \$697.80

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### **Grounds Maintenance**

#### **Complete Landscaping Schedule**

April 18: Mow & Trim grass

April 30: Mow, Trim & edge

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### ***2025 Mosquito Control in Colonial Charles - [#XN658540]***

Maryland's Department of Agriculture has been contracted to provide mosquito control to include spraying one evening a week (weather permitting) May through September 2025.

Forms for Standard Operating Procedures explaining control of mosquito adults and larvae and Opt Out, available online and at the Clubhouse.

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If you see trash/debris in the stormwater ponds, please notify Grounds Maintenance.

[groundsmaintenance@colonialcharles.org](mailto:groundsmaintenance@colonialcharles.org).

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### **Clubhouse**

Sip & See Wine & Cheese Art Exhibit

Saturday, April 5, 6p - 9p



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*Management & Community Inquires should be addressed to:*  
*Stephanie Martin/Wanda McCullough, 301-583-7755*

**RGN Management Services, inc.**

9701 Apollo Drive, Suite 107,

Largo, MD 20774

Office Hours: Monday – Thursday: 9am to 4pm & Friday: 9am – 2pm

**An on-site staff person is also available at the clubhouse during normal business hours.**

**The resident portal is [www.portal.rgnmanagement.com/login](http://www.portal.rgnmanagement.com/login) . If you have not registered please do so to obtain account balances, documents, make payments, rules & regulations, and other information about your association..**



*Colonial Charles Utility Group (Cygnus) Recurring Payment Authorization Form [colonialcharles.org](http://colonialcharles.org)*

### **HOA Board Meetings Schedule**

***April 16 - General Session Board Meeting (in person)***

***6:30p***



**VETERANS  
CORNER** 



[1-800-MyVA411](tel:1800MyVA411) ([800-698-2411](tel:8006982411))

[Veterans Crisis Line: Dial 988, then press 1](#)

[Health Benefits Hotline: 877-222-VETS \(8387\)](#)

### ***Protests Over Veterans' Cuts to Federal Bureaucracy***

Department of Government Efficiency (DOGE) revised their list of VA contracts for termination from 875 contracts to 585, after front line Veterans Health Administration employees contended that the cuts would imperil the safety at the agency's almost 1,400 hospitals and clinics.

Currently, the list of contracts to be cancelled supports the National Center for PTSD, a VA entity that is the world's leading research and educational center on post-traumatic stress disorder. Also on the list: (1) contracts providing required certification and accreditation for stroke centers and follow-up care for cancer patients. (2) estimated layoffs of 800-900 Veterans Crisis Line workers. VA reported nearly 3 million calls between 2009 and 2017, which led to 82,000 emergency dispatches to prevent veterans from harming themselves. The VA steadily increased crisis-line staffing to address concerns that, given the volume of calls, veterans were not receiving help in a timely manner. (3) a long-established technology upgrade of the Veterans Health Administration's electronic health records system has already been terminated.

Veterans Health will lose its funding to research in understanding veterans' well-being, allowing the government to target aid toward those in need and the most widely used method to measure and treat prostate cancer. Cuts will also end the study of the million of veterans who come from diverse sociodemographic groups, how poverty and race shape veteran health outcomes as well as knowledge about substance use, mental health and deeper insights to the prevention and treatment of cancer and cardiovascular disease.

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**Karla Costello**  
Treasurer  
Grounds



**Jacqueline Green**  
President  
Architecture  
Newsletter



**Thelma Carter**  
Secretary  
Architecture

*Board*  
*of*  
*Directors*



**Wilbert Ferguson**  
Vice President  
Clubhouse



**George Via**  
Member-at-Large  
Clubhouse  
Architecture

*Clubhouse Facility Managers*



**Reva Ware**



**Vivian Madison**

## **Community Reminders**

### ***Evergreen Trash Disposal***

Trash and recycle bins should only be placed curbside the evening before collection day.

Contact Customer Service at 240-468-6677 if trash is not picked up on your street (after community trash pickup is completed).



### ***Residential Parking***

- Do not park on sidewalk or grass
- Do not park commercial vehicles on street or excess parking
- Commercial vehicles can be parked in driveways
- Excess parking is located on Sunshine & Starlight Pl

### ***Vehicle Repair/Maintenance***

- Mechanical work on vehicles is prohibited in driveways or on the street



## **Charles County News**

### ***Charles County's Yard Waste Collection Service***

This yard waste season, your area will now schedule collection as needed. Learn more and to how to schedule yard waste pickup at: [www.CharlesCountyMD.gov/YardWaste](http://www.CharlesCountyMD.gov/YardWaste)

### ***Senior Centers***

Charles County Senior Centers offer citizens 60 and older access to a variety of programs and services, including: Social/Recreational activities, Clubs, Special Events, Trips, Nutritious Lunches, Health and Screenings Programs, Health Scope/Visit the Nurse, Educational programs, Physical Fitness programs, Creative Arts, and Computer Lab/Classes. Additional Information can be found at: <http://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers>

## Spring Cleanup

Every Spring homeowners are reminded to inspect the exterior and interior of their homes for mold and mildew. Both can cause health issues to you and your neighbors. Here's a more detailed look at the potential health effects of mold and mildew exposure:

### Allergic Reactions:

- **Mold allergy:** Mold allergies can trigger symptoms similar to hay fever, with sneezing, runny nose, and itchy eyes.

### Respiratory Problems:

- **Coughing and wheezing:**  
Mold can trigger coughing and wheezing, particularly in people with asthma or other respiratory conditions.
- **Asthma:**  
Mold can worsen asthma symptoms, including wheezing, chest tightness, and shortness of breath, in people with asthma who are allergic to mold.
- **Lung infections:**  
In some cases, mold exposure can lead to lung infections, especially in people with weakened immune systems or chronic lung diseases.

### Other Potential Health Effects:

- **Headaches:** Mold exposure can cause headaches, sometimes described as sinus headaches, due to irritation of the nasal passages.
- **Fatigue and body aches:** Some people report fatigue, body aches, and muscle pain after mold exposure.

### Who is at higher risk?

- People with asthma or other respiratory conditions.
- People with allergies, especially to mold.
- People with weakened immune systems.
- The elderly.
- People with chronic lung diseases.

### Important Note:

- **Moisture control is key:**  
The best way to prevent mold growth and its associated health problems is to control moisture levels in your home. If you find mold, clean it up promptly and address any underlying moisture problems.
- **Consult a doctor:**  
If you suspect you have a mold allergy or are experiencing health problems related to mold exposure, consult a doctor.

## Sauna & Spa Health Risks and Precautions

Sauna and spa use can pose health risks, including dehydration, heatstroke, cardiovascular issues, and increased risk of infections if proper hygiene isn't maintained. While daily sauna use can offer potential health benefits like improved cardiovascular health and relaxation, it's crucial to use them responsibly and be mindful of potential risks like dehydration and heat exhaustion, especially for those with certain health conditions.

### Blood pressure risks

People with uncontrolled high blood pressure and heart disease should check with their doctors before taking a sauna. Switching between the heat of a sauna and cold water in a swimming pool can raise blood pressure. A sauna use may also cause blood pressure to fall, so people with low blood pressure and/or have recently had a heart attack should talk to their doctor first.

### Dehydration risk

[Dehydration](#) can result from fluid loss while sweating. People with certain conditions, such as kidney disease, may be at a higher risk of dehydration. The increased temperatures can also lead to dizziness and nausea in some people.

### Precautions

Avoid the use of alcohol when using sauna and spa. Alcohol can cause dehydration, hypertension, arrhythmia and sudden death. Women with certain medical conditions, such as low blood pressure, should ask their doctor before sauna use. It is important to drink 2 - 4 glasses of water after using a sauna to replace fluids lost from sweating.

### Limit time spent in a sauna:

Do not spend more than 20 minutes at a time in a sauna. First-time users should spend a maximum of 5 to 10 minutes. As they get used to the heat, they can slowly increase the time to about 20 minutes.

<https://www.medicalnewstoday.com/articles/313109#risks-and-precautions>



# SPRING WORD SEARCH



Find the hidden Spring words.

R E D Y C N E B U N D B  
A P A A S E I L M P U U  
I K I T E S S A B I A T  
N J S C P T I D R C P T  
C A Y W G A R D E N A E  
O N N L P N N F L I R R  
A U G S E E B T L C T F  
T U L I P A B A A N Y L  
I O S U H O L D A I S Y  
R A I N B O O T S H I H  
G F I C H A O I T Y A U  
B L O S S O M Y B U G G

KITE

NEST

DAISY

TULIP

GARDEN

RAINCOAT

BLOOM

PICNIC

UMBRELLA

RAINBOATS

BLOSSOM

BUTTERFLY

[www.worksheetdigital.com](http://www.worksheetdigital.com)



	9			7	3	8	5	2
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5	4							
	8				6			
	5						8	3
1	6		7					
	3	6		9				
			2		8			
8				4	1	3	2	

# APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bingo 6:30p Virtual Bible Study 7:30p Request Igaan	2 Chair Aerobics 12p	3 Phase 10 2:00p	4 Pokeno 2:00p	5 Sip & See Wine & Cheese 6p
6	7 Chair Aerobics 12p Bid Whist 2:00p	8 Virtual Bible Study 7:30p Request Igaan	9 Chair Aerobics 12p	10 Phase 10 2:00p Pool/Spa Closed 2:00p	11 Pokeno 2:00p	12
13	14 Chair Aerobics 12p Bid Whist 2:00p Theatre Group 6:00p	15 Virtual Bible Study 7:30p Request Igaan	16 Chair Aerobics 12p <b>HOA Meeting 6:30p</b>	17 Men's Luncheon 12:30p Phase 10 2:00p	18 Pokeno 2:00p <b>FM Office Closed</b>	19
20	21 Chair Aerobics 12p Bid Whist 2:00p Dancercise 6:15p	22 Virtual Bible Study 7:30p Request Igaan	23 Chair Aerobics 12p	24 Phase 10 2:00p Pool/Spa Closed 2:00p	25 Pokeno 2:00p	26
27	28 Chair Aerobics 12p Bid Whist 2:00p	29 Virtual Bible Study 7:30p Request Igaan	30 Chair Aerobics 12p			