



THE VOICE OF CHOICE

PSO TRANSFORMATION NEWSLETTER

MESSAGE FROM THE PRESIDENT AND CEO



A Message from Janet Abrahams, President and CEO

Dear Perkins Family,

As we enter into the Fall season, we don't want you to bundle up and forget about the opportunities that await you and your family at the PSO Transformation Plan. For our former Perkins families leasing is underway for Perkins 3, of the 152 units 71 are for our former Perkins residents.

Are you going to come back home? Or are you going to miss the opportunity to return to Perkins Square? Please understand that if you want to return to Perkins you need to start making your intentions known NOW!

Once the last unit is leased at Perkins Square and the former Somerset Homes site, you will no longer be able to exercise your right to return because all of the units will be occupied.

Don't let this happen to you.

Janet Abrahams,
President and CEO, HABC

A Note from your CNI Manager, Arlisa W. Anderson

Dear Friends of Perkins,

As a part of the leasing process, you will have to be lease compliant, be able to get BGE in your name and have your security deposit of \$50 to move into Perkins Square. If you are not sure about being able to get BGE, please call BGE at **410-653-0123** to see if you can get service in your name.

However, if you don't come into the leasing office and fill out an application, they won't know that you want to come back to Perkins Square. Perkins Phase 3 has begun the pre-leasing process.

Feel free to reach out to the leasing office at **410-220-5343** or visit them at 200 N. Caroline Street. If you have questions that the leasing team cannot answer, please give me a call at **410-361-9014** or email me at Arlisa.Anderson@habc.org.

Arlisa W. Anderson,
Manager, Choice Neighborhood Initiative



Development Updates



Perkins Square—210 North Caroline Street



Perkins Square—226 North Caroline Street

Perkins Square Update

Perkins 1: 100% leased.

Perkins 2: 100% leased.

Perkins 3: Perkins 3 has begun pre-leasing.

Perkins 3 has begun pre-leasing. There are 71 units set aside for the former Perkins Homes residents. If you are interested in coming back to Perkins Square, please call the leasing office at **410-220-5343** or visit the leasing office at 210 S. Caroline Street

Perkins 4: Construction is underway and its anticipated that the project will be completed in 2027.

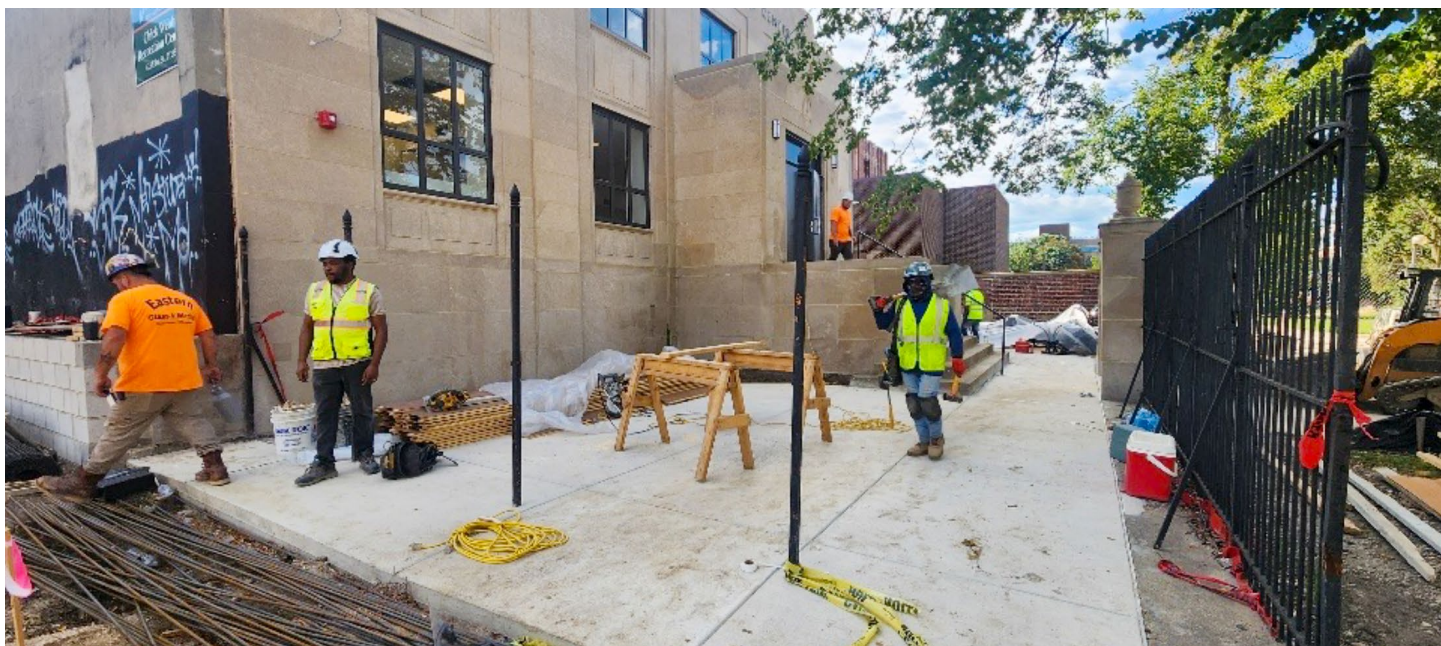
Perkins 5: The development team continues to work towards a year end closing.

Somerset Update

The projected financial closing for The Blake will occur by the end of the year. The development team continues to make great progress on getting to the final phase at the former Somerset Homes site.



Neighborhood Updates



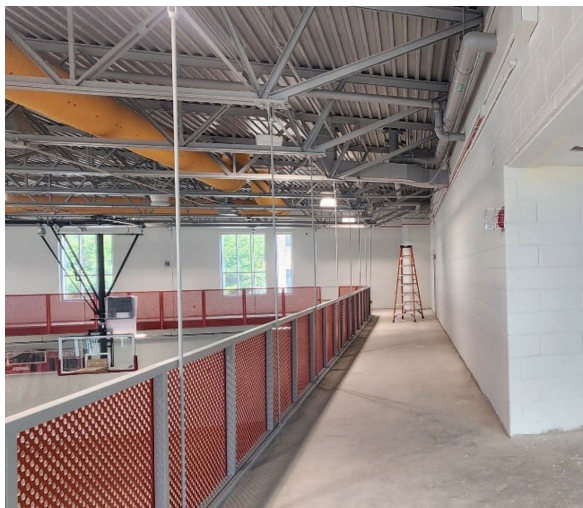
Chick Webb Recreation Center Nears Completion

The long renovation of the Chick Webb Recreation Center is almost completed! The center closed in 2022 and work started in 2023. Now it is set to reopen in the fall of 2025, bringing new life to a place that has been important to East Baltimore for many years.

For generations, the Chick Webb Recreation Center has been a big part of the community. Many African American Baltimoreans learned to swim in its pool, which stayed busy even after segregation ended. It is also very special because it is the only recreation center in Baltimore that was built for—and paid for mostly by—African Americans.

The original building was put together in parts between 1947 and 1959. First came the main entrance, then an old ice factory was turned into a swimming pool in 1949, and a gym was added in 1959. The building was about 17,000 square feet. With the new addition and updates, the center will now be almost 43,000 square feet. It will include a new pool, a gym with a basketball court, a walking track, locker rooms, office space, a teen lounge and game room, a room for art, and even a recording studio and vocal booth to honor Chick Webb's music.

This transformation will make the center a place for sports, art, music, and community. After years of waiting, we are excited to welcome everyone back this fall!



People Updates

Tutoring Available for Families of All Ages and Grades

The tutoring program will be starting back up on Sept. 16 with sessions on every Tuesday and Thursday. Contact Mr. Kevin Davis at 443-551-7778 or email kevin.davis@usi-inc.org

USI INC
After School Tutoring Program
Tuesday & Thursday
4:30 pm - 6:30 pm

REGISTRATION IS NOW OPEN

LOCATION: IMPACT HUB
10 E NORTH AVE

WHAT WE PROVIDE:

- 8 week progress report
- Pre K - 12th Grade
- Assessment sheet that will address any academic concerns
- Sessions begin Sept 16 until June 2026

Contact Kevin Davis at 443-551-7778 or Kevin.DavisJr@usi-inc.org

People Updates *(CONTINUED)*



CPR Classes

This summer, 20 community members who came out to get trained in CPR with our community partner WeResponders. The goal is to empower residents to feel more confident in supporting one another in emergencies. Participants reported greater awareness of health risks and expressed interest in additional health preparedness workshops.

We will be hosting more sessions at the additional properties to continue spreading the information and support.



Domestic Violence Awareness Month

October is Domestic Violence Awareness Month, a reminder that our community is not immune to its impacts. We are committed to supporting prevention programs, survivor services, and education initiative.

By learning the signs, standing with survivors, and taking action, together we can make Central Baltimore a safer and more supportive place for everyone.

Each year, about 10 million people in the United States become victims of domestic violence.

If you or someone you know needs help, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

People Updates *(CONTINUED)*



Supportive Services (PRP) and Therapy for Somerset Residents at McElderry, The Ruby and The Ella



Session Dates and Locations

1234 McElderry

McElderry Street Baltimore, MD 21202

- Tuesday 10/14/25 • Tuesday 11/18/25
- Tuesday 12/16/25

The Ruby

420 Aisquith Street Baltimore, MD 21202

- Wed 10/15/25 • Wed 11/19/25
- Wed 12/17/25

The Ella

525 Aisquith Street Baltimore MD 21202

- Wed 10/17/25 • Wed 11/21/25
- Wed 12/19/25

People Updates *(CONTINUED)*

Come See Us in Person to See How We Can Support Somerset Residents!

Supportive Services Include:

- Individual & Group Counseling Sessions
- Financial Literacy (Fix Your Credit)
- Stress Management Techniques
- Mentorship Programs
- Utility, Rent and Transportation Support
- Money Management Workshops
- Good Neighbor Workshops
- Tutoring Services
- Employment Readiness & MORE



Contact Us

Hopeful Hearts Pathways

Individual & Group Counseling Sessions

443-390-2189

www.hopefulheartspathway.com

info@hopefulheartspathways.com

Individual & Group Counseling Sessions

Harmony Happiness and Hope

PRP Supportive Services

443-203-2333

www.harmonyhappinessandhope.com

info@harmonyhappinessandhope.com



Harmony Happiness and Hope





MedStar Resources

For these programs and more to to www.medstarhealth.org or scan the QR Code.



Having Trouble Managing Your A1C Levels?

Look no further! MedStar is offering a free online Diabetes 101 class designed to support and empower diabetes self-management through positive, practical education.

Old Habits Seem Hard to Break?

Check this out! UMMS is offering a series focused on improving overall health—supporting a healthy body, healthy mind, and healthy lifestyle!

Need a Doctor, But it's Hard to Get There?

Look no further! MedStar Mobile Health Center is here to serve! Every Monday, from 10am - 4pm at the Franciscan Center (101 W. 23 St.), they're there for outreach and to satisfy for your healthy needs!

Hands-Only CPR and Stop the Bleed workshops

Learn life-saving skills with MedStar Health at Pratt Library's free Hands-Only CPR and Stop the Bleed workshops this November and December!

Health (CONTINUED)



Photos courtesy of www.catholiccharitiesdc.org

SHARE Food Network

The SHARE Food Network menu from The 6th Branch provides families with nutritious groceries at deeply discounted prices.

Place your order by October 17, 2025, and pick up on October 25 at OpenWorks (1400 Greenmount Avenue) from 9 AM to 12 PM.

To place an order (using credit, debit, SNAP/EBT, or money order), contact Saj Dillard, Food Access Coordinator, at sajdillard@the6thbranch.org or 667-351-4582.



Stretch your SNAP dollars with B'More Fresh

Spend \$5 at Amazon Access or Safeway and earn \$30 in fruits and veggies each month through December 2026!

For more information, please contact: bmorefresh@baltimorecity.gov

Health *(CONTINUED)*

October “Reset & Refresh” Challenge

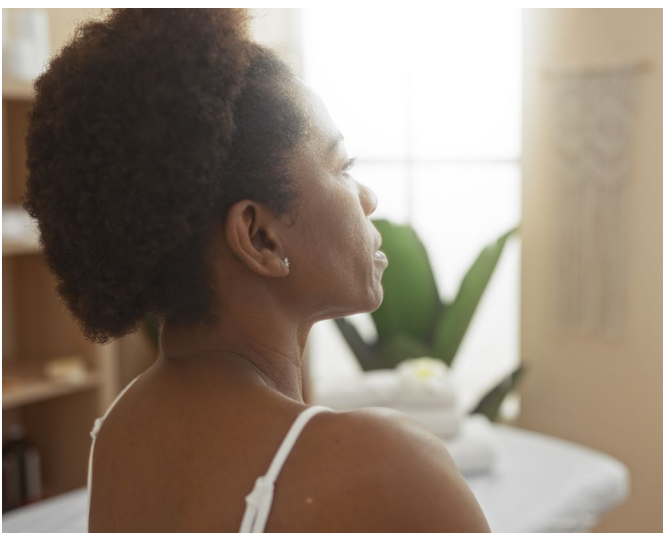
How it works: A month to let go, reset, and nourish yourself—mind, body, and soul.

Week 1: Ground Yourself

- Day 1** Write down 3 things you're grateful for.
- Day 2** Take a 10-minute walk outside—notice the colors of fall.
- Day 3** Drink an extra glass of water today.
- Day 4** Write down one habit you want to release this month.
- Day 5** Go social media-free for 2 hours.
- Day 6** Call or text someone you haven't connected with in a while.
- Day 7** Tidy one drawer, shelf, or corner of your space.

Week 2: Clear Space, Clear Mind

- Day 8** Meditate or sit quietly for 5 minutes.
- Day 9** Do one kind thing for someone without telling them.
- Day 10** Write down 3 things that bring you joy.
- Day 11** Try a new fall-inspired recipe or snack.
- Day 12** Limit screen time one hour before bed.
- Day 13** Journal for 10 minutes about something you're ready to let go of.
- Day 14** Compliment yourself in the mirror.



Week 3: Nourish Your Energy

- Day 15** Spend at least 15 minutes moving your body (walk, stretch, dance).
- Day 16** Unsubscribe from emails you no longer want.
- Day 17** Read 2–5 pages of a book.
- Day 18** Light a candle or set a cozy mood in your space.
- Day 19** Write down 3 things you want to focus on for the rest of the year.
- Day 20** Do something kind for a neighbor, coworker, or friend.
- Day 21** Step outside and breathe deeply for 3 minutes.

Week 4: Plant New Seeds

- Day 22** Reflect: What's one thing you've accomplished this year that you're proud of?
- Day 23** Drink only water and tea/coffee today (no soda/juice).
- Day 24** Try a new podcast, playlist, or piece of music.
- Day 25** Write a positive affirmation and say it 3 times today.
- Day 26** Donate an item you no longer need.
- Day 27** Turn off notifications for one app today.
- Day 28** Write a letter to your future self (end of 2025).
- Day 29** Do something creative (draw, cook, craft, etc.).
- Day 30** Spend 15 minutes outside without distractions.
- Day 31** Reflect: What “old leaves” did you shed this month, and what “new seeds” do you want to plant moving forward?

Upcoming Programming



We want to hear from you for a study about how young women decide to become mothers.



Are you an African-American woman age 24 or younger who became a mother between the ages of 15 and 19 while living in Baltimore?

By sharing your story, you can help improve support programs and challenge stereotypes about teen motherhood.

We Value Your Voice

- \$25 Amazon, Uber or Lyft gift card as a thank you for your time.
- Interviews are less than an hour, private, flexible, and led with care.
- Participation is voluntary at all times.

Ready to Sign-up or Learn More?

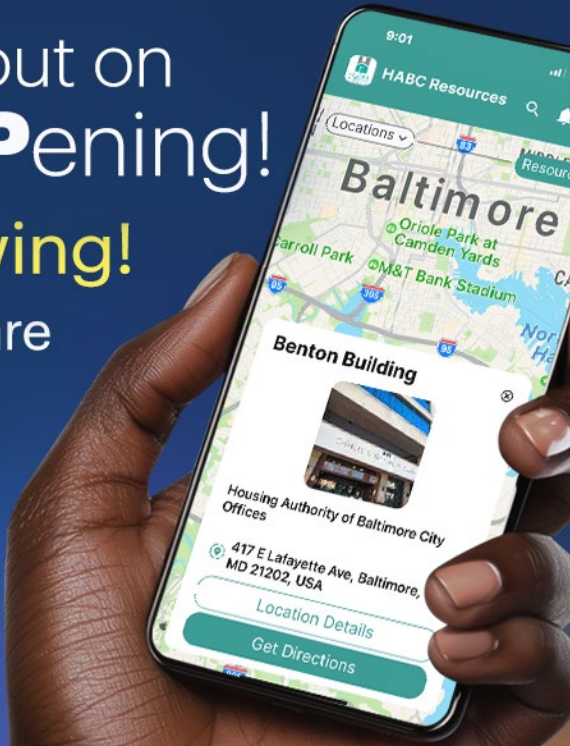
- **Scan the QR code** and fill out a short eligibility questionnaire
- **Email** Stephanie: slonie001@my.wilmu.edu
- **Call or Text** Stephanie: (302) 588-3920



Don't miss out on
what's **APP**ening!

We're Growing!

Subscriptions are
up **124%** in just
one year!



PSO Event Calendar

Perkins Square Tenant Meetings

October 16, 2025
5:00pm

November 20, 2025
5:00pm

December 4, 2025
5:00pm

Location:
210 South Caroline St.
Community Room



Stay in touch with your Housing Authority and follow us on social media!

HOUSING AUTHORITY OF BALTIMORE CITY

417 E. FAYETTE STREET
BALTIMORE, MARYLAND 21202