

Vol. 83
July 1, 2025



<https://ccc-cultivatingcommunityconnections.net>

Contents

Page 1:

- Being a Voice for Community Members

Page 2:

- How to Leverage Power for Change

Page 3:

- Staying Healthy in the Heat

Please visit our web site at:

<https://ccc-cultivatingcommunityconnections.net>

Contact Us At:

CultivatingCommunityConn@gmail.com

C-Cultivating C-Community C-Connections

* Encouraging Community Involvement
* Linking Communities to Resources

Uniting community members to transform our neighborhoods is at the heart of what we do.



Movers and Shakers (Prince George's County)

Being A Voice For Community Members

Movers and Shakers is continuing to seek improved County services for all residents by working in partnership with County leadership. That effort has been both more fruitful and a bit slower due to recent changes in our top elected leadership.

A few days ago, our newly-elected County Executive, Aisha Braveboy, was sworn into office, as was District 5 County Councilmember, Shayla Adams-Stafford. With new leadership, we anticipate that there will be some other changes to agency and executive office staffing. We also anticipate that there will be new priorities, new initiatives, and new power structures. It remains to be seen how all of that plays out. But, what Movers and Shakers is attempting to do, during this transition period is, to use a song title from *Hamilton*, be in "The Room Where it Happens".

We participated in a transition team, organized under the direction of Aisha Braveboy, with the goal of assessing what County improvements can be made. As part of that transition team, Movers and Shakers was able to submit many recommendations specific to property code enforcement. Time will tell if any of our recommendations become reality.

We are also arranging meetings with several of the people who are known to have strong relationships with our newly elected leaders. We hope to learn more about what changes are in the works and what advice they can give us about how to effectively partner with the County.

Research Articles Guide Our Advocacy

Below is a quote from an excellent article that explains the importance of Movers and Shakers' activities.

<https://online.hbs.edu/blog/post/how-to-gain-power> "CAN YOU USE POWER TO LEAD CHANGE? Anyone can use power to drive change. Often, the disconnect for aspiring leaders isn't in their intentions but in their tactics. A common downfall is misunderstanding how power really works."

"People confuse power with authority, but authority is no guarantee of power, and you don't need to be high in the hierarchy," says HBS Professor Julie Battilana, who teaches the online course [Power and Influence for Positive Impact](#), in an article for [Working Knowledge](#). "To identify who has power in an organization and who doesn't, you shouldn't rely on the organizational chart. Instead, answer two questions: What do people value in that setting, and who controls access to what they value?"

Below is more from “4 Ways to Gain Power and Influence to Lead Change”

<https://online.hbs.edu/blog/post/how-to-gain-power>

HOW TO LEVERAGE POWER FOR CHANGE

1. Understand Your Organization’s Political Landscape

Organizational politics consist of the steps professionals take to improve personal or organizational initiatives. Understanding an organization’s political terrain is essential to any leader hoping to leverage power to affect change. According to the **Harvard Business Review**, “studies show that individuals with political skills tend to do better in gaining more personal power, as well as managing stress and job demands, than their politically naive counterparts. They also have a greater impact on organizational outcomes.”

Properly diagnosing your organization’s political landscape starts with clearly mapping its power dynamics. This is often done through power mapping. Once the map is complete, it should illustrate several organizational factors that are useful to a position of power, including:

- A comprehensive list of people’s roles within the organization
- The organization’s readiness for change
- What roles carry the most decision-making power for certain changes
- The sources of power you can collaborate or draw from
- Whose support is needed for sustainable change

These insights are powerful tools for leaders and change-makers hoping to push initiatives forward.

2. Build Strong Networks

All leaders must understand that power comes from those around them. Organizational networking is the fabric created from personal contacts that provides essential support, feedback, insight, and resources.

Building strong, strategic networks enables you to work through multiple barriers to change because it reveals untapped potential within your company. In many cases, those who fail at driving change do so either independently or within their department or team. Strategic networking allows you to consider available resources in your organization’s other areas and their helpfulness in aiding change.

Through a network assessment, you can analyze patterns or gaps in your professional network to get a clear understanding of your established relationships’ effectiveness. While creating new professional connections should always be a priority, network retention is crucial to gaining influence within your organization.

Here's another useful article titled “How to Build Community and Why it Matters So Much.” The article was written during the pandemic, but the points made are relevant in good times and difficult times.

<https://www.forbes.com/sites/tracybrower/2020/10/25/how-to-build-community-and-why-it-matters-so-much/#>

"Too many of us
still believe our
differences
define us."

-John Lewis

What Do You Think?

Cultivating Community Connections would like to know about the people in your community that are making a difference. Tell us who they are and what they are doing.

Email us at:

CultivatingCommunityConn@gmail.com

Our Leadership Team

Carol Jenkins- founder

Jeff Jenkins- co-founder

In memory of Melissa Daston-
Movers and Shakers past
president

Carol Relitz- web administrator

Thank you for supporting CCC's
efforts to strengthen
communities.



Staying Healthy: Tips from mypgc.us/StayCool

When summer temperatures in the County are very hot, [The National Weather Service](#) might issue warnings. This can be risky for our health, especially with temperatures in the 90s with humidity over 50%. When heat advisories are issued, we need to be extra careful to avoid getting sick from the heat.

Heat Problems When it's too hot, anyone can get sick from the heat. Our bodies need to cool down properly; if they can't, we might face serious health issues like heat stroke and heat exhaustion.

Heat Stroke: This is the most severe heat-related illness. When the body can't control its temperature and goes above 105 degrees, it can lead to symptoms like red and dry skin, confusion, and nausea. It's very serious and needs quick attention.

Heat Exhaustion: This is a milder form of heat sickness that can happen after being in the heat for several days. Symptoms include muscle cramps, dizziness, weakness, and headaches.

Who's at Risk? Kids, older adults, and people with heart or lung problems are more likely to get sick from the heat. Even when it's not super-hot outside, cars can become dangerously hot very fast.

Heat Safety Tips: Follow these tips to protect yourself and your loved ones in extreme heat:

- Don't leave kids or pets in hot cars, even with cracked windows.
- If you work outside, be careful in the heat. Take breaks, drink water, and avoid heavy work between 10 a.m. and 3 p.m.
- If you're outside, wear light clothes, a hat, and sunscreen.
- Take breaks in the shade and drink lots of water.

Illness Prevention Information

- [Health Tips to Beat the Heat](#)
- [Health Tips: Hydrating for the Heat \(PDF\)](#)

Help for Seniors

If you're a senior citizen or have family members who are, you can call the Prince George's County Department of Family Services Administration on Aging at 301-265-8450 for information and help.

Stay Cool and Safe

For more tips on staying safe in the heat, check out resources like "[Tips to Beat the Heat](#)" and [The Centers for Disease Control and Prevention](#). Let's take care of ourselves and each other when it's hot outside!

Please check our web site for future newsletters and other updates:

<https://ccc-cultivatingcommunityconnections.net>