



Connections

The in-house newsletter of Community Living, Inc.

April 2010

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What's on Susan's Mind CEO Susan Holtton

I would like to take this opportunity to welcome Michael Planz as our new deputy director. He comes to us with lots of experience in the field. His most current position was as a supervisor with Service Coordination, but has had experience with vocational programs as well. He has jumped right in and is already becoming a valued member of the team.

Now to continue our chapters on better understanding what the people in the office do. Carlota Salter is our Director of Community Supported Living Arrangements (CSLA), Individual Support Services (ISS) and Retirement Our Way, (ROW). This is the department that has grown the most in the last five years. Each person served in CSLA and ISS direct their own hours of service. The individual decides what they want help with and the staff figures out how to fit in all those different activities in a week. It is a constant juggling act, but with the help of Meghan Beauchamp, and Randi Hill, Carlota somehow meets all the needs with her small dedicated staff.

One of the biggest obstacles to deal with is that most of Carlota's individuals live on their own or with roommates. Low income housing is hard to find and when you do there are often issues of being taken advantage of and safety. Add to that loneliness. Our ISS team struggles to give them their independence, but at the same time making sure they have things to do, otherwise we see depression that carries all the side effects with it.

How does the staff do this? By listening and then trying to hook them up with jobs and activities that will hold their interest. If you have ever had a meal at TGIF or Bonefish, your silverware was probably rolled by one of their people. Or have you had a snow cone at Oktoberfest or on the 4th of July? Let It

Sno is owned by CLI to use as a training site for our individuals. They are involved in all aspects of the business from ordering the syrups, mixing, labeling and of course making them. Others are learning the vending machine business and your Gazette was probably delivered by one of our folks. So you can see, they are busy and going in all directions.

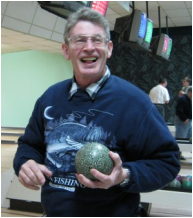
Why do they do all of this? Same reason you and I do, to play. Carlota and volunteers keep our people busy learning and competing in a variety of sports. There is no day better than after state competition when our athletes come in and show off their medals. We play bocce, basketball and floor hockey. You will find us golfing, snowshoeing, skating and kayaking. We can always use volunteers, so if you like one of these sports, please consider helping out.

Now add in ROW and this is a very busy department. ROW is full to capacity with a waiting list. While the majority of the members are seniors, we have also had to add members who just don't fit in other day programs. So a day in ROW is hectic, quick paced for the staff, with people going everywhere. Our seniors love to be out and about. They also have a new sensory stimulation room thanks to the artistic abilities of Meghan and Georgette. As our seniors age there are never enough hands for this program. Again, if you have time on your hands, a craft that you would like to share or a musical talent, please consider sharing it with ROW.

There is never enough room in this space to tell you all that goes on in the various departments. Please consider stopping in and find out the other half of the story.

The World of Sports

It's hard to know where to start with CLI and sports. Twenty seven people bowling and more signing up all the time. Snowshoeing, Floor hockey, Basketball, Bowling with ROW, Swimming....and those are just our winter activities!



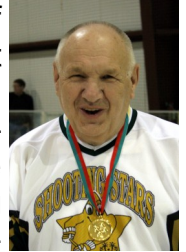
Wednesday evenings have found nearly 30 of our residents and clients bowling at Mt. Airy Bowling Lanes. People new to bowling like Jeannie and old timers like Daniel are all eager to get home from Day Programs, have a snack and get on the road again to participate. And now, we are all going to go out and have a meal together afterwards. It's not just about doing the sport, it's about the company and making new friends.

Carlota thought that Stanley would enjoy the challenge of snowshoeing, and so he did! And what a year for being able to practice in real snow, rather than on a sand volleyball court! Thanks to a grant from the "Persons with Disabilities Fund" managed by the Community Foundation, Carlota was able to get three new pairs of snowshoes and boots. Once at Wisp for the State Finals, our athletes Dennis, Janet, Stanley, Gerald, Ray, Linda, and Thomas were on the medal stand frequently.



Did you know that we have a "pass" which allow us to have residents and clients go swimming at the YMCA? Ronnie, Patsy, Kurt, Joe, Chip, Brandi and half of our independent folks go every week and greatly enjoy it. The "Y" is very accommodating and would like to see more of our folks attend. Please speak with Sandy for more details.

For as long as floor hockey has been offered to our athletes, we've been participants. Stanley, JR, Ray, Willie, Gerald, Thomas, Steve L, Janet, Jimmy, Ricky W. and Linda all played this year coming back beaming and with medals around their necks. Lest you think that any of the event days are easy, many of our competitors have to get up at 5:00 AM to meet their rides at 6:00 A.M. to travel the 2+ hours it sometimes takes to attend a meet. As we all know, there is a lot of sitting around between events and nervousness that goes with it. Both athletes and coaches have a lot to cope with!



Basketball is another sport we are active participants. We practice hard for this during the winter and learn team skills, and playing with team members that are not just from CLI. We get judged on improvement in personal skills as well as Team skills. Jimmy and Adrian improved their individual skills and Stanley and Paul's teams each won Gold Medals.

Coming up is Kayaking, Golf, Bocce, Softball, weightlifting, and Kickball! CLI has put together a team of residents, staff and friends that will be playing in a Frederick City Kickball League this summer. Follow our ups and downs on Facebook! We are looking for a golf coach but our avid golfers have already enjoyed the nice weather and gone out and hit a bucket of balls. Kayaking is looking for more coaches, too.....what could be better than being in the middle of Cunningham Lake on a hot summer July day paddling around?



Open House at 590 Hillcrest

What to do when you own a home that is 34 years old and only had minor, routine maintenance on it during that time? Look for grants that would provide a total rehab of the home! With the creativity of Janet Lucia, our HUD Administrator and Shane Powers, our Maintenance Services Manager, that's exactly what happened.



We received one grant, a CDBG (Community Development Block Grant) from the city, and then an MAHT (Maryland Affordable Housing Trust) grant from the state that allowed a rehab of the inside and outside of the home. This included extensive interior work: kitchen and bath plumbing, electrical rehab as well as all fixtures, drywall painting and finishing, carpets, cabinets and countertops. On the outside we gave this home new exterior siding and gutters, energy efficient exterior doors and storm windows, and the replacement of a 20 year old HVAC unit. Talon Construction and their team provided the labor, Vickie worked with residents preparing them to move to an apartment while the work was taking place and Shane and his team moved the house contents twice.

A house may be made of four walls, but a home is made of much more. But did you know that weekly Ronnie goes to Outback and has a beer? Ronnie has friends there he looks forward to seeing, sharing stories with, generally just being one

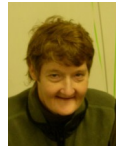


of the guys. He keeps in close contact with his sister, niece and nephew and celebrates holidays with them. He always enjoys being sure they have appropriate birthday and Christmas gifts.

Kurt's family also are very involved in their brother's life. All his brothers and sisters take him to their homes for family events and have him stay overnight during the holidays. They know how Kurt enjoys watching people and give him the time and opportunity to do so.



Patsy's family is very involved in her life, too.



They take her home weekly for visits, take her to movies, and go shopping with her. They well appreciate how Patsy enjoys being the center of attention and looking pretty.

Our Newest House

We had an Open House at Rainbow Court back last summer to introduce CLI and Chip, Jimmy and Wes to the other residents of Rainbow Court. Summer turned to Winter and those neighbors remembered our guys and helped during the terrible storms this winter. This house also has two Adopt-a-House groups helping with it: our own Board member Steve Cohen and a group of teens from Volunteer Frederick. The teens helped make cookies and decorate the tree at Christmas time...rumor has it everyone was smiling! The newest member of Rainbow is Mickey Loonie, rescued from the pound. All the guys have been losing weight and exercising during the winter and we suspect that they all will be eager to walk Mickey and play with him in the back yard. What a gift from



Chip's sister Sue! Sue also took Staff and the gentlemen to see their art on display at the Weinberg and then out to dinner. Jimmy's family came to see the art display this summer at Everedy and families were here for the Open House. As nice as the house is, the guys are avid sportsmen and are always eager for the next sporting adventure. Bowling, floor hockey, basketball, bocce: if we offer it, one of the three of them is an active participant.

The men of this house have active, caring, involved families. The other thing to note is in one form or another, these guys have been housemates and friends for a long time. They know each other and are supportive of each others strengths. House staff tell us the future holds barbecues and perhaps a vacation together.

News from around the CLI world

Meet Deputy Director Michael Planz

Michael comes to us from Service Coordination and Goodwill Industries and will be responsible for Quality Assurance. His main focus is assuring quality through all departments on a day-to-day basis. Michael and his wife Terre have three kids which keep him very busy. Please take time to greet him in the HR suite.



Roy Roger's Fund Raiser

On January 15 residents, staff, family and friends gathered at the Roy Rogers on TJ Drive for a fun night of enjoying fried chicken, hamburgers and each other's company. We raised \$112.18. Thanks to everyone who turned out, and to Roy Rogers for their generosity. The next event will be April 22nd at the Roy Roger's on Ballenger Creek Drive.

St. Patrick's Day Dance

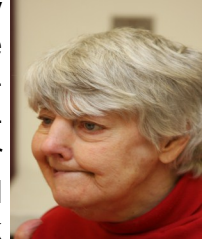
How many tones of green can 100 people wear for a St. Patrick's Day Dance? We can attest that there are more shades of green than there were leprechauns! The United Health Care team was the sponsor of our dance; brought loads of volunteers and provided snacks which everyone enjoyed greatly. What's a dance without music and Bill Clow and Phil Wachter provided wonderful Rock and Roll music. The dance floor was crowded with residents, staff and volunteers. Thanks again to UHC, Bill and Phil and to staff for all participating in this dance.



News from ROW

We went to Golden Corral to celebrate February birthdays and St. Valentine's Day. We invited

Michael to come with us and we all enjoyed getting to know each other better. LeClair especially enjoyed the desserts. We've really enjoyed having the interns with us: Hannah from Linganore HS and Kristin from Hood College. Randi has been keeping us well fed with specialty meals like Irish Stew for St. Patty's Day...which also was Patty's birthday. We certainly missed coming to ROW during the snow storms, but now that everything is back to normal we are enjoying our outings to the Senior Center, to bowling, doing mall walking, even being able to walk around our own neighborhood.



The Snow Storms

As much as none of us really want to remember anything about the snow of February, we do want to be sure and thank each and every staff member for doing more than their share to keep our residents healthy and safe during that treacherous time. From helping shovel paths, to working extra shifts, to helping cooped up residents cope with unusual circumstances you did it all. We all know the one group of folks who never want to see snow again are Shane, Greg, Beaver, and Joey. They even had to shovel our service out! We all are saying "Welcome Spring!"

Facebook

CLI has joined the wired world! We are using Facebook to help our friends and supporters know more quickly when our sports events are, dates for our art events, when a resident or client wins an award, or when we need a Patio furniture or flowers, as well as keeping you updated on the latest budget issues facing this agency and others like us. Look for us at communitylivinginc and ask others to link up with us, too.

Christmas 2009

From Thanksgiving to New Years CLI is awash with volunteers remembering our residents, clients and staff with the joys of the season. We received enough turkeys from Costco so that every house could have one (and extras, too!). Our residents enjoyed two parties: one at Trinity United Methodist Church and one at the Elks Club. Several groups came to ROW to have parties and give gifts and other groups had "angel" trees to provide special gifts for the rest of our people. We are still admiring new shirts, pants, slippers, CDs, coloring books, sheets, stuffed animals, nice toiletries and are starting to use the gift cards now for spring clothes and thoughts of bathing suits! Each and every gift given, the care with which it is wrapped, and the hugs are appreciated by all of us. Thanks so much for thinking of us then and year round.

Martha enjoying a Christmas event



Accolades

If you happened to pick up Way Station's Annual Report you would have read an article about our own Susie MacMullen. Susie has been working at a local Roy Roger's for many years and at a year end party was asked to express what she appreciated most in life. "I want to thank God, my family and Roy's". Mr. Plamondon, owner of multiple Roy Rogers, believes employees like Susie are very good for his business as people like Susie inspire other employees to work harder.

Also featured in the news was Linda Wolfe receiving Employee of the Month for Dec. 2009 at Scott Key Center. Linda has been working at SKC for two years and has become an incredibly valued asset there. She seems at her best when given multiple tasks to accomplish. She also demonstrated a leadership role with other employees. Linda is an active participant in Special Olympics, too. Way to go, Linda!

Reddick's win Snowflake Painting

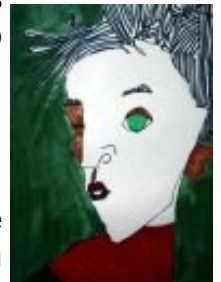
Mr. and Mrs. Ed Reddick won the raffle for our Rebecca Pearl Snowflake Painting. ROW participant Betty Goode pulled their name out of a giant envelope from the over 95 people that contributed to our successful Snowflake campaign this year. We raised over \$16,000 and the donations will be used to help fund activities for our residents and clients who need assistance affording them. Coincidentally, Ed Reddick, is our very own Laura's dad.



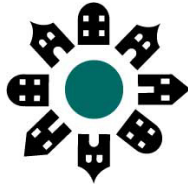
Deborah, Ed Reddick and Artist Rebecca Pearl

Art Show at Weinberg Center for the Arts

Our talented artists displayed their art in a very big space during the month of March: the lobby of the historic Weinberg Center for the Arts. Twenty five paintings by our artists have been on display for audiences big and small as they wait for entrance into performances at the Weinberg. Chip, Michael, Ricky M., Thomas, Jimmy, Willy, Ricky W., Janet, Linda, Wesley, Pauline, Steve, Chris Gerald and Nancy all came to an opening reception on March 6 and mingled with people participating in First Saturday. There was a wonderful article in the next day's Frederick News Post also. Look for our artists again at "Art in Everedy Square" Sat., May 8.



Painting by Thomas



Community Living

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